

VISIT...

LANZAROTE
Caliente.COM

964500 -- BROCCOLI, ASPARAGUS OR CAULIFLOWER SOUP

2 tbsp. butter
2 tbsp. flour
1 bunch (10 oz.) fresh broccoli
1 sm. onion, finely chopped
2 tbsp. butter
1 qt. chicken stock or broth
1/2 c. heavy cream, warmed
Salt and pepper

Melt 2 tablespoons butter in a small saucepan, stir in flour. Cook 3 minutes over low heat, stir constantly. Cool. Set aside. If using broccoli: Wash and trim off tough part. Separate and cut into 1/2 inch pieces. In a large saucepan saute onion in 2 tablespoons butter until tender. Stir in broccoli, cover and cook 3 minutes. Stir in stock or broth, heat to simmering. Stir small amount of liquid into cooked flour and butter mixture until smooth; return mixture to saucepan; stirring until smooth. Simmer, covered until broccoli is tender, about 30 minutes. Remove from heat, cool slightly. Puree in electric blender, return to saucepan. Blend cream into soup. Taste and salt and pepper if needed. Serve.

964501 -- BROCCOLI SOUP

8 strips bacon
1/4 c. flour
4 c. milk
20 oz. pkg. frozen mixed vegetables
10 oz. pkg. frozen broccoli, chopped
fine
Onion (chopped)
Garlic (optional)

Boil frozen mixed vegetables and broccoli (chopped fine). Set aside to drain. Fry bacon until crispy. Set aside bacon. Pour enough bacon grease in soup pan to cover bottom of pan. Simmer onions until clear. Mix 1/4 cup flour. Then add 4 cups milk. Stir well. Add vegetables and bacon. Simmer until soup is thickened. Salt and pepper to taste. This soup has better flavor when eaten the next day.

964502 -- BROCCOLI SOUP

1 bunch broccoli
1 c. chopped celery
1 c. chopped onion
1/8 to 1/4 lb. Velveeta cheese

3 c. milk (2% or 1%)

--SAUCE:--

3/4 c. flour

2 c. milk

Cook broccoli until tender. Drain off water. Add 3 cups milk. Add cheese. Mix 3/4 cup flour into 2 cups milk for sauce (may use more flour). Add to vegetables with salt and pepper to taste. Cook 15 to 20 minutes. Stir frequently.

964503 -- CORN CHOWDER

6 slices bacon, diced
1/2 c. finely chopped onion
2 c. diced raw potatoes
1 1/2 c. water
2 tsp. salt
1/8 tsp. pepper
2 c. cream style corn
2 tbsp. oleo, melted
2 tbsp. flour
3 c. milk
Parsley, shredded cheese, corn chips

Fry bacon until crisp. Remove bacon. Saute onion in 2 tablespoons bacon drippings until transparent, not brown. Cook potatoes in the water with salt, sauted onion and bacon in covered pan until tender. Add pepper and corn. Blend oleo and flour, stir in milk and cook until slightly thickened. Add to corn mixture: sprinkle parsley, shredded cheese or chips over the top. Serve immediately and piping hot. Makes 6 servings.

964504 -- GERMAN SAUSAGE CHOWDER

1 lb. (8 links) fully cooked bratwurst
or knackwurst* cut into 1/2 inch pieces
2 med. (2 c.) potatoes, peeled and
chopped
1 med. (1/2 c.) onion, chopped
1 sm. (4 c.) cabbage, shredded
3 c. milk
3 tbsp. all purpose flour
1 c. (4 oz.) Swiss cheese, shredded
Snipped parsley

In a Dutch oven, combine sausage, potatoes, onion, 1 1/2 teaspoons of salt and a dash of pepper. Add 2 cups of water. Bring to boiling and reduce heat. Cover

and simmer for 20 minutes or until potatoes are nearly tender. Stir in cabbage. Cook 10 minutes more or until vegetables are tender. Stir in 2 1/2 cups of the milk. Stir remaining milk into flour and stir into soup. Cook (on low heat as this dish will scorch easily) and stir until thickened and bubbly. Stir in cheese until melted. Garnish with parsley. Makes 6 servings. *Polish sausage may also be used

964505 -- MINESTRONE

1 c. finely minced celery
1 c. finely minced onion
1 c. finely minced carrot
1/4 c. butter
1/2 c. garbanzo beans
1/2 c. kidney beans
1/2 c. whole dried peas
1/2 c. white pea beans
3/4 c. sliced carrots
3/4 c. coarsely chopped onion
3/4 c. sliced celery
3/4 c. chopped bell pepper
1/2 c. rice or barley
1 c. shell macaroni
2 tbsp. minced parsley
1 tsp. oregano
1 tsp. basil
2 tsp. soy sauce
Pepper to taste
Parmesan cheese

Slowly saute finely minced onion, celery and carrot in butter until very brown. Add peas and beans and about 3 quarts of water. Cook slowly until beans are almost done (check garbanzos - they will take the longest) about 2 to 2 1/2 hours. Add the remaining vegetables, rice and spices and more water if necessary and cook another hour. About 20 minutes before serving time add the macaroni and more water if needed. Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty garlic bread.

964506 -- HAMBURGER VEGETABLE SOUP

1 lb. ground beef
1 c. chopped onion
1 c. diced potatoes
1 c. sliced carrots
2 (1 lb.) cans tomatoes
1 c. sliced celery
1/4 c. rice
3 c. water
4 tsp. salt

1/4 tsp. basil
1/4 tsp. thyme
1 bay leaf

Cook ground beef and onions, drain fat. Add remaining ingredients and bring to boil. Cover and simmer 1 hour.

964507 -- SHALLOTS AND TARRAGON SOUP

5 c. chicken broth
8 lg. shallots in thin slices
1/2 tsp. dried tarragon
2 celery stalks chopped with leaves
Salt and pepper

4 egg yolks
1 c. heavy cream
Chopped chives
Paprika

1. In a saucepan, put chicken broth, shallots and tarragon and celery. Bring to a boil. Simmer, cover for 45 minutes in low heat. Into blender container ladle half of mixture, cover and at high speed, blend until smooth. Repeat with other half. 2. In a bowl beat the cream and yolks. Stir into the soup. Reheat the soup stirring until yolk are cooked. Do not boil. Serve hot, garnish with chives and paprika. Serves 6.

964508 -- BLACK BEAN SOUP

3/4 lb. black beans
1 1/2 qt. cold water
2 oz. salt pork (optional)
3/4 lb. hamhock or bone of smoke ham
1 lg. onion, chopped
1 clove garlic, crushed
2 green peppers, chopped
1/2 c. bacon drippings or olive oil
1 bay leaf
1 tbsp. salt
1/8 tsp. oregano
1/4 c. vinegar

Wash beans. Soak overnight. Add salt pork, ham hock and simmer over low heat. Saute onions, garlic, green pepper in bacon drippings until tender. Add to beans. Season with bay leaves, salt and oregano. Simmer until beans are tender and thick, approximately 3 hours. Add vinegar just before serving. Serve over rice with finely chopped onion on top.

964509 -- CREAM OF BROCCOLI SOUP WITH CHEDDAR CHEESE

2 c. milk
3 tbsp. butter
2 tbsp. finely chopped onion
3 tbsp. flour
1/2 tsp. salt
1/8 tsp. white pepper
1/2 tsp. thyme
1/2 tsp. granulated garlic
2 chicken bouillon cubes
1 1/2 c. boiling water
2 c. shredded Cheddar cheese
1 c. cooked finely chopped broccoli

Cook onions in butter until tender. Blend in flour and seasonings and cook 3 to 4 minutes, stirring constantly. Add boiling water and bouillon cubes and cook slowly until thick, stir in the milk until smooth. Add the cheese and broccoli and heat through. Garnish with fresh chopped parsley. Serves 6.

964510 -- LENTIL BARLEY SOUP

1/4 c. margarine
3/4 c. chopped celery
3/4 c. chopped onion
6 c. water
3/4 c. lentils

Saute in large stewing pan margarine, celery, and onion. Add water and lentils. Cook 20 minutes. Add: 1 qt. tomatoes
1/2 tsp. garlic salt
2 tsp. salt
1/4 tsp. pepper
3/4 c. barley or brown rice
1/2 tsp. rosemary

Simmer 45-60 minutes. Add 1/2 cup shredded carrots. Cook 5 minutes more. Serves 6.

964511 -- HAMBURGER SOUP

1 lb. hamburger
5 c. water
1 (16 oz.) can tomatoes
1 med. onion, chopped
2 carrots, sliced (1 c.)

2 stalks celery, sliced (1 c.)
1/3 c. barley
1/4 c. catsup
1 tbsp. (2 cubes) beef bouillon
2 tsp. seasoned salt
1 tsp. basil
1 bay leaf

Brown beef, drain fat. Add rest of ingredients. Simmer 1 hour until barley and vegetables are tender.

964512 -- CREAMY TOMATO SOUP

2 tbsp. reduced-calorie margarine
1 lg. onion, peeled and thinly sliced
1 carrot, chopped
2 garlic cloves, coarsely chopped
1 (28 oz.) can peeled Italian plum
tomatoes
3 c. chicken broth
1 sm. boiling potato, peeled and
thinly sliced
2 tbsp. chopped fresh basil leaves or
2 tsp. dried basil
1/4 tsp. nutmeg
Salt to taste
1 c. milk

Melt margarine in a soup pot over low heat. Add onion, carrot and garlic. Cook, covered for 20 minutes, stirring occasionally, until vegetables are tender and wilted. Crush tomatoes in their liquid and add to the pot along with the chicken broth, potato, basil, nutmeg and salt. Cook, covered, over low heat for 40 minutes, stirring occasionally. Let cool to room temperature. Puree in a blender, in small batches, adding a bit of milk to each batch. Return to soup pot and adjust seasonings. Before serving, warm through over very low heat. Do not boil. Serves 6.

964514 -- BARS MADE WITH TOMATO SOUP

1 can tomato soup
1/2 soup can water
1/2 c. oil
1 c. sugar
1 c. raisins
2 c. flour
2 tsp. allspice
2 tsp. cinnamon
1 tsp. baking soda

Mix all ingredients together. Spread into a greased 9 x 13 inch pan. Bake in 350 degree oven for 20 to 25 minutes or until toothpick is clean. Frost with plain white frosting while warm. I use canned cream cheese frosting.

964515 -- CANNED VEGETABLES FOR SOUPS

5 lb. potatoes, diced
10 or so carrots, scraped and sliced
1 bunch celery, diced or cut up
3 big onions, cut up

Put all of the above in a large kettle or roaster and mix well. Add to sterilized jars with 1/2 teaspoon canning salt to quart jars. Fill jars with cold water, remove bubbles with a knife, wipe jar tops and put on lids and covers. Process for 3 hours in boiling water bath. Then, when you're ready for soup or beet hash, cook you meat and dump a jar in the juice and meat and your soup's ready. OR for hash, just drain a jar, add beets and warm up in a fry pan with butter.

964516 -- TORTELLINI SOUP

2 cloves garlic, crushed
1 tbsp. oleo
2 (13 3/4 oz.) cans College Inn Broth
8 oz. fresh or frozen tortellini
1 (15 oz.) can corn
1 (14 1/2 oz.) can tomato sauce
1 (14 1/2 oz.) can tomato bits

In large saucepan over medium high heat, cook garlic in oleo for 2 to 3 minutes. Add broth and tortellini. Heat to boil and reduce heat and simmer 10 minutes. Add corn and tomato and simmer 5 minutes more. Serve topped with cheese. Works good in crockpot.

964517 -- MOM'S GERMAN BORSCHT SOUP

3 1/2 qt. water
1 lb. soup meat and bone
2 bay leaves
1 lg. onion, sliced
3 lg. carrots, diced

2 tsp. salt
1 c. celery and some leaves
1 sm. heat cabbage shredded

1/4 c. rice
2 lg. potatoes, sliced
1 c. cream

Boil soup meat and bone for 2 hours onion and bay leaves add vegetables and tomatoes. Simmer about 1 hour. Add cream when you are ready to eat. May add 1/4 cup barley if desired.

964518 -- OVEN STEW

4 lbs. beef round steak, cut in 1 inch
cubes
4 c. sliced carrots
2 c. sliced celery
4 med. onions, sliced
2 (5 oz.) cans water chestnuts,
drained and sliced
2 (6 oz.) cans sliced mushrooms,
drained
1/4 c. plus 2 tbsp. flour
2 tbsp. sugar
2 tbsp. salt
2 (16 oz.) cans tomatoes
2 c. Burgundy

In roasting pan or Dutch oven mix meat, carrots, celery, onions, water chestnuts and mushrooms. Mix flour, sugar and salt, then add to meat mixture. Stir in tomatoes and Burgundy. Cover and bake 4 hours.

964519 -- BIG MOUTH STEW

2 tbsp. butter
1 (10 3/4 oz.) can cream of mushroom
or cream of celery soup
1 (10 oz.) box frozen mixed vegetables
1 lb. Kielbasa sausage or turkey
Kielbasa
Milk
White rice

In a small saucepan, simmer the mixed vegetables until done. While they are cooking, melt 2 tablespoons of butter in a deep fry pan. Slice the Kielbasa and then quarter each of the slices so there are four bite size pieces. Brown the Kielbasa in the butter. Then add the can of cream of mushroom soup to the meat and butter. then add the milk and blend it all together making a cream sauce. Add the vegetables, blend it all together and serve over rice. Use milk to the consistency you like.

964520 -- CUCUMBER SOUP

3 c. chicken broth
1 med. onion sliced
1 tbsp. corn oil
3 med. peeled and diced cucumbers
1 tsp. corn starch
1/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. sweet basil
1/2 tsp. beaumonde
1 tsp. lemon juice
1/4 c. dry vermouth
1 tbsp. sour cream
chives to garnish

Saute onions in oil, 5 minutes, add the diced cucumbers. Blend corn starch with some cold chicken broth, add to cucumbers and add rest of broth. Add salt, pepper, basil and beaumonde. Bring to boil, simmer for 25 minutes. Put in blender, blend and add lemon juice, sour cream. When blended add vermouth. Chill. Can be made several days ahead. When serving, garnish with chives.
CEE AAC Phoenix Country Club

964521 -- LOBSTER AND ROASTED CORN CHOWDER

1 (21 lb.) live Maine lobster
4 strips bacon, fine dice
1/2 med. onion, fine dice
1/4 med. green pepper, fine dice
1/4 med. red pepper, fine dice
1/4 med. yellow pepper, fine dice
1/4 sm. jalapeno pepper, fine dice
1/2 stalk celery, fine dice
1/2 med. carrot, fine dice
1/2 c. diced green chilies, canned
1/4 lb. unsalted butter
1/2 c. all purpose flour
6 c. lobster stock or 1 tbsp. lobster
base and 6 c. water
1 tbsp. tomato paste
1 c. corn, cut off the cob
1 c. cream style corn
1 sm. smoked hamhock
2 med. baking potatoes, peeled and
cut into 1 inch square dice
1 bunch cilantro, fine chop
2 stalks green onions, fine bias cut
2 c. heavy whipping cream
1 tsp. Lenard's southwestern
seasoning blend

1/2 lemon juice
Salt and ground black pepper, to taste

Steam lobster 17 minutes, let cool and remove from shell. Save shells to make lobster stock if desired. Saute bacon until crispy in sauce or small stock pot. Add: onions; green, red, yellow and jalapeno peppers; celery and carrots, cook until soft. Add: tomato paste and green chilies. Add: lobster base, if that is your choice over stock. Cook 3 minutes stirring constantly over medium heat. Add: 1/2 of the unsalted butter and cook until melted. Add: flour and cook 3 more minutes. Roast corn kernels in an oven on a baking sheet or other flat pan until slightly browned and add to chowder. Add: cream style corn; southwestern seasoning and smoked hamhocks. Add: stock or water, if using base. Cook for 1/2 hour keeping at a slow boil, stirring constantly. Add: potatoes and cook for another 15 minutes. If too thick add more stock or water to desired consistency. Add: green onions; cilantro and lemon juice. Slowly whisk in cream and the remaining butter until melted. Season with salt and black pepper to taste. Serves 12 people. The Phoenician

964522 -- TUSCAN ONION SOUP

3 oz. bacon fat
1 oz. olive oil
2 lb. onion, cut into thin strips
2 oz. marsala wine
1 gal. chicken stock
1/2 gal. beef stock
1 tsp. each thyme, basil, oregano

Saute onion in fat and oil. Add wine and cook approximately 5 minutes, until onion is soft. Add all other ingredients. Simmer for 20 minutes. Skim fat from soup. Serve with croutons and grated Romano cheese. Merchant's Club
Nashville, Tennessee

964523 -- TOMATO SOUP

1/2 bushel tomatoes, strained
6 green peppers
6 lg. onions
1 lg. bunch celery
1/4 c. salt
2 c. sugar
2 c. flour
3 sq. margarine
1 1/2 c. alphabet soup pasta

Juice tomatoes, then chop and cook other vegetables until tender. Melt margarine and add flour. Combine all vegetables and add salt and sugar. Bring to boil and add combined flour and butter (blend with little soup). Combine all and boil 10 minutes. Pressure 10 minutes.

964524 -- TOMATO SOUP

1/2 bushel tomatoes
2 bunches celery
24 sm. onions
Very little red pepper
1 c. butter
1 c. sugar
3 tbsp. salt
1 c. flour

Cook tomatoes, celery and onions until done, 1/2 to 3/4 hour. Put through colander or food mill. Add rest of ingredients. Cook until thick, put in jars. Seal; put in pressure canner for 15 minutes at 10 pounds pressure.

964525 -- TOMATO SOUP

1/2 bu. tomatoes (25 lbs.)
1 1/2 c. sugar
2 tbsp. canning salt
1/8 tsp. pepper
4 tsp. onion salt
4 tsp. celery salt
1 lb. butter
2 c. flour

Wash and quarter. Cook until soft. Run through blender. Put through sieve. Combine juice and spices except butter and flour. Heat. Melt butter in pan. Remove and stir flour into butter until paste, no lumps. Add juice to paste, stirring to blend. Keep doing until paste gets thin. Pour back into juice. Bring to full boil. Put in jar. Process in open kettle or pressure cooker.

964526 -- TOMATO SOUP

14 qts. tomatoes
7 med. onions
1 celery stalk
3 tbsp. parsley

Combine and cook until celery and onions are tender. Run through food mill. Add: 4 tbsp. salt
8 tbsp. sugar
1 tsp. pepper

Cook for 15 minutes. Add: 14 tbsp. melted butter
14 tbsp. flour

Add to soup. Pour into prepared jars and process for 30 minutes.

964527 -- TOMATO SOUP

1 peck tomatoes
6 onions
1 bunch celery
1 lg. green pepper
1/2 c. sugar
1/2 c. butter
1/2 c. flour
1/4 c. salt

Core tomatoes, cut other vegetables in chunks and blend all together. Cream sugar, butter and flour and then add salt and stir. Bring vegetables to a boil. Add creamed mixture and boil for ten minutes. Pour into jars and seal. Makes about 6 quarts.

964529 -- ELEPHANT STEW

1 (2000 lb.) elephant, cleaned & cut
in serving pieces
1 sm. rabbit seasoned to taste

After elephant is cleaned, add seasonings. Cook in a very large pot outdoors. Cook elephant for 4-5 days or until tender. Invite all the Wire Shop employees; if everyone shows up, add cut up rabbit but only as a last resort, because most people don't like "hare" in their stew. Management Once there was an elephant, Who tried to use the telephunt. No! No! I mean elephone Who tried to use the telephone. Howe'er it was, he got his trunk entangled in the telephunk; The more he tried to get it free, The louder buzzed the telephee.

964530 -- ONE POT STEW

1 can pork & beans
1 can lima beans
1 can black-eyed peas
1/4 c. brown sugar
1 sm. can tomato sauce
1 can peas, drained
1 can kidney beans

1 lb. ground beef
1/8 c. mustard

Brown ground beef. Pour everything else into the pot and let simmer for 15 minutes.

964531 -- LAMB STEW

3 lbs. lamb shanks, cut into thirds
1 medium onion, chopped
1 green pepper, chopped
2 tbsp. sweet paprika
1 lb. fresh or frozen green beans
1 small can tomato sauce
1 medium can peeled tomatoes

Remove as much fat as possible from meat. Wash thoroughly. Braise meat in a large kettle. Add 1/2 cup water, add onion and green pepper and braise until onion and green pepper are transparent. Braise until meat sizzles, but is not burned. Add 2 tablespoons paprika, blend thoroughly. Add can of tomato sauce and peeled tomatoes and boil water to cover mixture. Let simmer 2 hours. Add green beans cut into 1 inch pieces and allow to simmer another 1/2 hour. Serve with rice.

964532 -- NIGERIAN STEW

2 lbs. cooked meat (your choice of
chicken, beef or turkey)
1 (15 oz.) can Hunt's tomato sauce
with herbs
1 whole chopped onion
1 tbsp. black pepper & salt
3 tbsp. oil
2 c. cooked rice

Heat oil about 2 minutes. Pour 1 teaspoon salt in oil. Add tomato sauce to salt and oil and cook about 10 minutes. Add meat. Cook about 7 minutes.) Simmer about 30 minutes and serve over cooked rice.

964533 -- BRUNSWICK STEW

1 fryer
1 lb. boneless stew meat or sm. chuck
roast
1 lg. onion

1 lb. Irish potatoes, cut up
2 c. canned tomatoes
1 c. cream style corn
1/2 c. English peas
Salt & pepper to taste
1/2 c. cooked butter beans
1/2 c. catsup
1 tbsp. Worcestershire sauce
1 tbsp. vinegar
1 tbsp. lemon juice
1 tsp. Tabasco

Cook the fryer and stew meat until well done. Grind in blender and set aside. Put onions through blender. Add onion and potatoes to broth from the chicken and stew meat. Cook until done in saucepan on top of range. Add meat and other ingredients. Place in slow cooker and cook on low for 12 hours or high for 8 to 10 hours. Add 1/2 cup barbecue sauce. Yield: about 8 to 10 servings.

964534 -- LUMBERJACK STEW

3 links of sausage, sliced
1 can whole tomatoes, crush if desired
1/2 bell pepper, sliced
1 sm. onion, sliced
Garlic salt
Black pepper
1/4 stick of butter

In a skillet stir fry sausage slices in butter with the onions and peppers. After 5 minutes add tomatoes, garlic salt and black pepper to taste. Simmer on low heat for 10 minutes. Serve with rice.

964535 -- CAPE COD FISH CHOWDER

3 slices bacon, cut in 1/2 inch pieces
2 med. onions, coarsely chopped
(about 1 1/2 c.)
2-3 med. carrots, diced
2 med. cloves garlic, minced
2 c. chicken broth
2 med. potatoes, diced
2 whole bay leaves
1/4 tsp. dried thyme
1/4 tsp. white pepper
1 lb. fresh or frozen cod, haddock or
flounder, cut in 1-inch pieces
1 c. sour half & half or lean sour
cream

In large saucepan, fry bacon until crisp, remove and drain. Add onions, garlic and carrots to bacon drippings and saute until lightly browned. (Excess drippings can be drained before frying.) Add chicken broth, potatoes and spices. Cover and simmer until potatoes are nearly tender, 15-20 minutes. Stir in fish and simmer for 5-7 minutes until cooked. Stir in sour half & half and heat, but don't boil. Ladle into mugs, garnish with bacon pieces.

964536 -- LAZY DAY STEW

1 lb. beef stew meat
3 med. sized potatoes
4 to 6 carrots
1 sm. onion
1 c. cubed celery
1 (8 oz.) can tomato sauce mixed with
1 can water
1 tsp. sugar
2 tsp. tapioca

Arrange meat in single layer in a baking pan. Salt and pepper to taste. Cut potatoes, carrots, onion, celery in good sized chunks and layer on top of meat. Mix tomato sauce, water, sugar and pour over meat. Season to taste. Sprinkle with 2 teaspoons tapioca. Do not stir. Seal tightly in foil and bake at 325 degrees at least 2 hours. Serves 4 people. NOTE: Even another hour doesn't seem to hurt much if you are delayed. You can turn heat way low and hold it for hours. Don't peek during cooking time of 2 hours. When you remove the foil you find the meat nicely browned with perfect gravy. The tapioca acts as gravy thickener but don't use too much or you may wind up with gravy you can slice.

964537 -- QUICK CLAM CHOWDER

3 tbsp. butter
4 shallots, chopped
1 can New England clam chowder
1 can half & half
1 can clam liquid
1 can minced clams
Salt and pepper to taste
Parsley

Saute shallots in butter. Gradually add can of clam chowder, stirring as you add. Gradually stir in can of half & half and can of clam liquid. Add can of minced clams, salt and pepper to taste. Simmer until mixture begins to boil. Garnish with chopped parsley.

964538 -- FROG LEG STEW WITH A KICK

3 lb. frog legs
1 garlic, chopped fine
1 onion, chopped fine
1/8 tsp. thyme
1/8 tsp. cayenne pepper
2 cans tomato puree
6-8 cans water
1/2 tbsp. basil
1/8 tsp. sea salt
2 tbsp. olive oil

Break the frog legs apart and saute in olive oil until almost cooked, then allow to cool. Add them to the other ingredients which have been simmering together and cook 1 1/2 to 2 hours. Serve over rice or pasta.

964539 -- POTATOES AND PASTA SOUP

1/2 lb. macaroni, preferably med.
sized and mixed, ex. med. shells, elbows,
spaghetti, broken into 3 parts
1 lg. onion
1 (16 oz.) can crushed tomatoes
1 lg. potato, cubed
Salt and pepper
Small amount of olive oil
Grating cheese, Parmesan or any of
your choice, Italian only

Brown your onion slightly in olive oil. Add can of tomatoes and salt and pepper. Simmer for about 1 hour. Cook macaroni and potato together in large pot. Drain some water, but leave enough so that pasta is covered. Add tomatoes and onions to pasta and potatoes. Add grated cheese into the pot of soup and serve.

964540 -- CHICK PEA AND PASTA SOUP

For 4 to 6 persons 19 oz. can chick peas
1/2 c. extra virgin olive oil
1/3 c. chopped onion
1 tsp. chopped garlic
1/2 tsp. chopped rosemary
1/2 tsp. chopped sage
3/4 c. canned Italian peeled plum
tomatoes, drained of their juice
3 c. homemade meat broth OR 1 c.
canned broth diluted with 2 c.
water

1/4 lb. stubby soup pasta
Salt
Black pepper in a grinder
3 tbsp. chopped parsley
Freshly grated parmegiano-reggiano
(Parmesan) for the table

Empty can of chick peas and its liquid into bowl. Squeeze the peel off the chick peas and replace into their own liquid. Put the olive oil and chopped onion in a large saucepan and turn on the heat to medium. When the onion becomes colored a pale gold, add the garlic, rosemary and sage. Stir once or twice. When the garlic becomes colored a very pale gold, add the tomatoes. Cook, stirring occasionally for 10 minutes. Add the chick peas drained of their liquid and cook for another 5 to 6 minutes. Pour the contents of the pot into a bowl, then puree them through a food mill back into the pot. Add the broth and turn on the heat to medium high. When the liquid comes to a boil, add the pasta, cover the pot and turn down the heat to medium. Cook until the paste is al dente, tender but firm to the bite. Taste and correct for salt and add a few grindings of pepper. Turn off the heat, stir in the parsley and serve with freshly grated cheese available on the side.

964541 -- BEER CHEESE SOUP

1 c. finely chopped celery
1 c. finely chopped carrot
1/2 c. finely chopped onion
8 chicken bouillon cubes, dissolved
in 8 c. boiling water or 2 qts.
chicken broth
1 c. butter, melted
8 oz. beer
16 oz. Cheddar cheese, shredded

Boil celery, carrot and onion in broth until almost tender, about 10 minutes. Mix flour and butter, stir into broth. Cook and stir until thickened; boil 1 minute. Reduce heat; add beer and cheese. Mix until smooth and cheese melts. Heat just to serving temperature. Garnish with popcorn. 12 servings.

964542 -- CAULIFLOWER SOUP

2 c. sliced cauliflower
1 can chicken broth (13 3/4 oz.)
1 c. milk
1 can cream of potato soup
2 tbsp. cornstarch
1/4 c. cold water

In large, covered saucepan cook cauliflower in chicken broth until tender. Don't drain and set aside. In a bowl, gradually add milk to potato soup and mix well. Blend 1/4 cup cold water to cornstarch and stir into soup mixture. Pour soup mixture over cauliflower and cook until thickened. Can add diced ham or cheese.

964543 -- CHEESE SOUP

Dissolve 4 chicken bouillon cubes in 1 quart water. Add: 1 c. chopped onion
1 c. chopped celery
1 c. chopped carrots
1 1/2 c. chopped potatoes

Cook 10-15 minutes on medium heat. Add 1 (20 ounce) bag California Blend vegetables. Cook 5-6 minutes on medium heat. Add 2 cans cream of chicken soup, heat on medium heat. Add 1 pound Velveeta cheese, cubed; cook until creamy.

964544 -- CORN AND BOURBON SOUP

2 slices bacon
1 med. onion, chopped
2 shallots
1/3 c. chopped celery
1/3 c. chopped leeks
4 c. corn cut from cob
2 qts. chicken broth
1 med. potato, peeled and cubed
1/4 tsp. salt
1/4 tsp. white pepper
1 c. whipping cream or half and half
2-3 tbsp. bourbon
Chives

Cook bacon in large saucepan until lightly browned. Add onion and next 3 ingredients; cook over medium heat 2 minutes. Add corn and cook 5 minutes, stirring occasionally. Add broth and next 3 ingredients; bring to a boil. Cover, reduce heat and simmer 20 minutes or until potato is tender. Add cream and cook 2 minutes. Do not boil. Remove and discard bacon. Place half of mixture in container of an electric blender, process until smooth. Repeat with remaining mixture. Pour through strainer into Dutch oven, pressing pulp with back of spoon. Discard pulp. Stir in bourbon. Serve hot or cold. Garnish each serving with chives. Yields 9 1/2 cups.

964545 -- CREAMY ZUCCHINI SOUP

2 c. condensed chicken broth
2 med. zucchini, sliced
1/2 c. chopped green pepper
1/4 c. chopped onion
1 tsp. dill weed
Salt and pepper
1 c. sour cream or plain yogurt
Snipped parsley

In a 2 quart saucepan combine broth, zucchini, green pepper and onion. Cover and simmer about 20 minutes. Add dill, salt and pepper to taste. Puree in food processor or blender. Stir in sour cream. Garnish with parsley.

964546 -- DIET SOUP

6 c. water
2 beef bouillon cubes
2 c. tomatoes
1 tsp. sugar
1/2 c. chopped onion
2 c. chopped celery
2 c. diced carrots
2 c. shredded cabbage
Salt and pepper

Cook all together.

964547 -- FISH AND CHEESE CHOWDER

1 lb. fish
2 tbsp. butter
6 tbsp. chopped onion
1 c. diced carrots
6 tbsp. chopped celery
1/2 c. flour
1/2 tsp. salt
Dash of paprika
2 (10 oz.) cans chicken broth,
undiluted
3 c. milk
1 c. grated processed cheese

Cut fish in 1 inch cubes. Melt butter in large saucepan; add onion, carrots and celery. Cook until onion is transparent. Blend flour, salt and paprika. Cook 1 minute, stirring constantly. Gradually add chicken broth and milk. Cook, stirring constantly until thickened. Add fish, simmer until fish flakes easily (5 minutes for fresh, 10 minutes for frozen). Add cheese; stir until melted.

964548 -- HAMBURGER SOUP

1 lb. ground beef
5 c. water
1 lb. can whole tomatoes
1 c. chopped onion
2 or 3 carrots, sliced
2 ribs celery, sliced
1/3 c. pearl barley
1/4 c. ketchup
1 tbsp. instant beef bouillon granules
1 or 2 tsp. seasoned salt, optional
1 tsp. dried basil leaves
1 bay leaf

Brown ground beef in a Dutch oven. Drain off fat. Add water, tomatoes and juice, onions, carrots, celery, barley, ketchup, bouillon granules, salt, basil and bay leaf. Bring to a boil. Reduce heat to a simmer, cover and simmer slowly for 45 minutes. I have used a quart of home canned whole tomatoes and works well.

964549 -- HAMBURGER SOUP

1 lb. ground beef (browned)
2 c. tomatoes
2 c. diced potatoes
1/2 c. diced carrots
1/2 c. diced celery
1/4 c. rice
1/2 c. diced onion
1 1/2 tsp. salt
1/8 tsp. pepper
1 1/2 qts. water
1 tsp. instant bouillon, vegetable
 flavor

Combine all ingredients and simmer for 45 minutes.

964550 -- CANNED VEGETABLE SOUP

1 peck ripe tomatoes (peeled)
1 pt. or 1 can lima beans
1 can peas
3 green diced peppers
1 c. pearl barley (soaked overnight)

1 tbsp. paprika
1 c. sugar
1/2 c. butter
1/2 c. salt

Cook all uncooked vegetables separately. Then mix all ingredients together and cook ten minutes more. Pour into sterilized jars and seal. Yields 7-9 quarts. Very good in hot dishes.

964551 -- SAUSAGE-POTATO CHOWDER

1 lb. mild Italian sausage
1/2 c. water
2 1/2 c. peeled, diced potatoes
1/2 c. chopped onion
1/2 c. chopped celery
1 1/2 c. chicken broth
1/8 tsp. pepper
3 1/2 c. milk
1/4 c. flour
1 c. frozen peas
2 c. shredded Cheddar cheese

Brown sausage stirring so that meat is in small pieces. Set aside. In large saucepan put water, potatoes, onion, celery, broth and pepper. Cover and bring to a boil just long enough that the potatoes are tender, about 5 minutes. Add sausage and 2 1/2 cups milk. In a jar with lid, shake the flour and remaining milk until blended. Stir into the potato mixture, stirring constantly until mixture begins to boil. Add peas, simmer 3 minutes. Remove from heat, stir in cheese until melted.

964552 -- JAN'S LENTIL SOUP

1-2 ham hocks
1 lg. onion, chopped
3 med. cloves garlic, crushed
1 (1 lb.) pkg. dried lentils
1 Kielbasa or frankfurters, thinly
sliced
1 c. sliced carrots

Soak lentils overnight. Rinsing 2 or 3 times. Add 10 cups of water, lentils, ham hock, 1/2 teaspoon salt (optional) and 1/8 teaspoon pepper and 1 cup of carrots. Bring to boiling; reduce heat. Simmer, covered 1-2 hours. Remove ham hock from the soup and strip off as much meat as possible. Add the meat back to the soup and add cooked Kielbasa. This soup can simmer all day, be made ahead a day or frozen. Noah Western

964553 -- CREAM OF BROCCOLI SOUP

1 c. diced onions
1/4 c. butter
1 tsp. Lawry's salt
Dash of pepper
2 c. chopped broccoli (fresh) or 2
boxes frozen broccoli (or more if
you want
2 c. half and half or light cream
1/2 c. chopped celery
1 (10 1/2 oz.) can condensed chicken
broth
Dash of garlic
2 to 4 tbsp. flour

Saute onions and celery in butter. Add chicken broth. Add broccoli. Cook until tender. Combine flour and cream until smooth. Add to broccoli. Add salt, pepper and garlic. Heat thoroughly. Makes 6 to 8 servings. *For cream of broccoli and cheese soup, add 1 cup grated Cheddar cheese.

964554 -- CHEDDAR CHOWDER

3 c. water
3 chicken bouillon cubes
4 potatoes, diced
1 onion, diced
1 c. chopped carrots
1/2 c. diced green pepper
1/3 c. butter/margarine
1/3 c. flour
3 1/2 c. milk
4 c. or 1 lb. grated Colby cheese
1/4 tsp. Tabasco sauce
Salt and pepper

Dissolve bouillon in water. Bring to a boil. Add and cook potatoes, onions, carrots and green pepper. Add butter and flour. Gradually add milk and cook until thickened. Add cheese and stir until melted. Add Tabasco sauce. Do not boil. Serves 8. Margie Johnson

964555 -- NEW ENGLAND CLAM CHOWDER

2 cans clams and juice
1/4 lb. bacon, diced

1 lg. onion, sliced or use green
onions
Salt to taste
2 lg. potatoes, diced
Milk
2 tbsp. butter
Pepper to taste
Parsley
1/4 tsp. dried thyme

Cook bacon until crisp. Cook onion until tender. Add potatoes and some water and cook until potatoes are tender. Add other ingredients and put hard butter on top. When butter melts, soup is done. Serves 8. Margie Johnson

964556 -- MANHATTAN CLAM CHOWDER

2 tomato sauce
1/4 c. diced bacon
1/4 c. minced onion
2 cans clams and liquid
2 c. diced potatoes
1 c. water
Some mushrooms
Some milk
1/3 c. diced celery
1 (16 oz.) can tomatoes
2 tsp. snipped parsley
1 tsp. salt
1/4 tsp. thyme
1/8 tsp. pepper

In large saucepan, cook and stir bacon and onion until crisp and tender. Stir in clam liquid, potatoes, water and celery. Cook until potatoes are tender. Add clams, tomatoes and seasonings. Add about 2 tablespoons butter. Heat until boiling. Margie Johnson

964557 -- CORN CHOWDER

2 tbsp. oil
1 med. onion, minced
4 med. potatoes
1 (16 1/2 oz.) can creamed corn
2 c. milk
Salt and pepper to taste
1/4 c. water

After mincing onion, peel and cut potatoes into 1 inch cubes. In large skillet over medium heat, saute onion and potatoes with oil until onion starts to turn brown. Add 1/4 cup water; cover and let steam for about 15 minutes or until

potatoes are cooked. Add creamed corn, milk and salt and pepper to taste. Heat until hot but do not boil. Joyce Sinman Ms. Larson, 6

964558 -- PASTA-SAUSAGE SOUP

1-1/2 lbs. hot or sweet Italian sausage
1 med. onion, chopped
1 med. green pepper, cut into strips
1 garlic clove, minced
1 can (28 oz.) tomatoes, chopped,
liquid reserved
2 to 2-1/2 c. uncooked bow tie pasta
6 c. water
1 tbsp. sugar
1 tbsp. worcestershire sauce
2 chicken bouillon cubes
1 tsp. dried basil
1 tsp. dried thyme
1 tsp. salt

Remove casings from the sausages and cut into 1-inch pieces. In a Dutch oven, brown sausage over medium heat. Remove sausage and drain all but 2 tablespoons of the drippings. Saute onion, pepper, and garlic until tender. Add sausage and all remaining ingredients. Simmer, uncovered, stirring occasionally, until pasta is tender, about 15-20 minutes. Yields: 3 quarts. This is a good soup for our area since we have many good sausage makers. The soup has a rich flavor and is even tastier the next day. If you are unable to find bow tie pasta, you can substitute another macaroni product.

964559 -- GARDEN-FRESH TOMATO SOUP

1/2 c. butter or margarine
2 tbsp. olive oil
1 lg. onion, sliced
2 sprigs fresh thyme or 1/2 tsp.
dried thyme
4 fresh basil leaves or 1/2 tsp.
dried basil
1 tsp. salt
1/4 tsp. freshly ground black pepper
2 1/2 lbs. diced fresh ripe tomatoes
or 2 cans (16 oz. each)
Italian-style tomatoes with juice
3 tbsp. tomato paste
1/4 c. all-purpose flour
3 3/4 c. chicken broth, divided
1 tsp. sugar
1 c. heavy cream

--CROUTONS:--

8 slices day-old French or Italian
bread
1 lg. garlic clove, sliced lengthwise
2 tbsp. olive oil

In a large kettle, heat butter and olive oil over medium-high. Add onions and seasonings. Cook, stirring occasionally, until the onion is soft. Add the tomatoes and paste. Stir to blend. Simmer 10 minutes. Place the flour in a small mixing bowl and stir in 1/4 cup chicken broth. Stir into the tomato mixture. Add the remaining broth. Simmer 30 minutes, stirring frequently. Allow mixture to cool and run through sieve, food mill or food processor. Return the pureed mixture to the kettle. Add the sugar and cream. Heat through, stirring occasionally. To prepare the croutons, rub the garlic over both sides of the bread. Brush with olive oil and place on a baking sheet. Bake at 350 degrees for 10-12 minutes or until toasted. Turn and toast other side 2-3 minutes. Just before serving, top each bowl with one or two croutons. Yield: 8 servings.

964560 -- COMPANY ONION SOUP

4 tbsp. unsalted butter
4 lg. sweet or Walla Walla onions,
sliced
1 tbsp. sugar
6 c. beef broth, divided
2 tbsp. worcestershire sauce
Salt and pepper to taste
4 thick slices French bread
Additional unsalted butter
Garlic salt or 1 garlic clove, halved
1 c. (4 oz.) shredded Gruyere or
Swiss cheese

In a Dutch oven, melt butter over medium heat. Saute onions until tender. Sprinkle sugar over onions. Reduce heat and cook, stirring occasionally, until onions are caramelized, about 20 minutes. Add 3 cups broth; simmer 15 minutes. Add remaining broth, worcestershire sauce, salt and pepper. Cover and simmer for 30-40 minutes. Meanwhile, spread both sides of the bread with additional butter; sprinkle with garlic salt or rub with the cut-side of garlic clove. Broil bread until golden brown, then turn and brown other side. Ladle soup into individual ovenproof soup bowls. Float a slice of bread in each bowl and sprinkle with cheese. Broil until cheese is melted and bubbly. Serve immediately. Yields: 4 servings. The onions in this part of the country are superb, and this soup is proof. Try it and see if your family enjoys this recipe as much as mine does.

964561 -- CREAM OF BROCCOLI OR CAULIFLOWER SOUP

6 tbsp. butter or margarine
1 tbsp. finely chopped onion
5 tbsp. flour (add more for thicker
soup)
1 c. chicken broth
2 c. milk
3/4 tsp. salt
Dash of pepper
1 pkg. (10 oz.) frozen or fresh
chopped broccoli, thawed or
10 oz. fresh cauliflower, chopped
very small
6 oz. Velveeta cheese

Microwave: In large glass bowl; heat butter and onion 1 1/2-2 minutes on high, blend in flour. Gradually add birth, milk, salt and pepper; stirring until smooth. On medium, heat 7-9 minutes or until soup is slightly thickened, stirring occasionally. Add broccoli or cauliflower and Velveeta, puree in blender. Return to bowl and heat 3-4 minutes, stirring once. Hint: I like to use both cauliflower and broccoli together--even the kids love it. Makes about 4 servings.

964562 -- CALICO BEAN SOUP

Wash beans thoroughly. Place in a large kettle. Cover with water. Add 2 tablespoon salt. Soak overnight. Saran in margarine, then add 2 quarts water and ham or ham hock (optional). Simmer 2 1/2 to 3 hours. Add the following: 1 large onion, chopped; 1 large can of tomatoes, 1 teaspoon chili powder, 1 clove garlic, chopped; juice of lemon, salt and pepper to taste. Simmer for 1/2 hour. Makes 4-6 servings.

964564 -- CREAM OF BROCCOLI SOUP

Mix together: 1 bag of frozen broccoli
2 cans cream of celery soup
1 (8 oz.) jar Cheez Whiz
1 pt. half & half

Salt and pepper to taste. Cook over low heat.

964565 -- BROCCOLI CHEESE SOUP

1 lg. head broccoli, cut up
1/2 c. butter or margarine

1 med. onion, chopped
1/2 c. flour
Salt & pepper to taste
2 c. milk
2 c. chicken broth
1 c. medium Cheddar cheese, grated

Cook broccoli pieces in small amount of water. Saute onions in butter until transparent. Add flour. Add milk slowly, stirring continually. Stir in cheese and blend until smooth. Slowly blend chicken broth into mixture. Add broccoli. Stir to mix well and season to taste. Simmer about 15 minutes.

964566 -- CLAM CHOWDER

2 doz. lg. clams, chopped (save
reserve juice)
2 c. potatoes, diced
1 can tomatoes
1 c. celery, chopped
1 sm. onion, chopped
2 tbsp. flour
3 tbsp. butter
3 c. milk
Parsley flakes
Pepper & salt last (some clams are
salty)

Cook clams, onions and celery slow, about 2 hours. In separate pot cook potatoes until tender. In another pot, add butter, flour and milk to make a white sauce. Season to taste. One half hour before serving, add potatoes, white sauce, and tomatoes to clams. Add clams juice to taste. Makes about 2 quarts. Serve with oyster crackers.

964567 -- CREAM OF POTATO SOUP

8 slices bacon
1 med. onion, chopped
12 med. potatoes, peeled & diced
2 cans cream of chicken soup
2 cans milk
Parsley flakes

In large soup pan, fry bacon. When crisp, remove bacon but leave drippings in pan. Add onions and saute until tender. Then add diced potatoes with just enough water to cover potatoes. Bring to a boil, cover, and simmer until potatoes are tender. Add cream of chicken soup, milk, crumbled bacon bits and parsley flakes. Heat until it begins to bubble. Enjoy!

964568 -- PUMPKIN SOUP

6 c. chicken broth
1 to 2 (16 oz.) cans solid-pack
pumpkin
1 c. onion, thinly sliced
1 clove garlic, minced
1 1/2 tsp. salt
1/2 tsp. thyme
1/2 tsp. pepper
1/2 c. whipping cream, warmed
1 lg. fresh pumpkin, hollowed out
(optional)
Fresh parsley (optional)

In a covered saucepan, heat all ingredients except cream to boiling. Reduce heat; simmer, uncovered 20 minutes. Stir warm cream into soup. Garnish with parsley and serve from a hollowed-out pumpkin which has been warmed for 20 minutes in 350 degree oven. (My mother, Marge Beckler, serves this soup each Thanksgiving in tiny, hollowed pumpkins for each grandchild. Our twin sons Collin and Matthew enjoyed this soup as 10-month-olds on their first Thanksgiving day!)

964569 -- OYSTER STEW

1 pt. oysters
1 can cream of celery soup
3 boiled potatoes, chopped up
5 c. water
4 tbsp. butter
Pinch of salt & pepper

Drain liquid off oysters, combine oyster liquid, water, cream of celery soup, salt and pepper. Bring to a boil. Saute oysters in butter until edges curl (don't over cook) put oysters in the rest of soup just before serving. You can substitute cream of mushroom soup for the celery soup sometimes just add 1/4 teaspoon celery seed if you do this.

964570 -- MICROWAVE POTATO SOUP

4 strips bacon
2 c. potatoes (Idaho), cut into 1/2
inch cubes
1/4 c. onion, chopped
1/4 c. celery, chopped
1/2 c. water

1 tsp. salt
2 tbsp. flour
1 c. milk
1 (14 1/2 oz.) can chicken broth
1 tsp. parsley, chopped
Pepper to taste

Microwave bacon on High until crisp. Crumble and set aside. Combine potatoes, onion, celery, water and salt in a 2-quart casserole. Cover with a tight fitting lid or plastic wrap. Microwave on High for 10 to 12 minutes or until vegetables are tender. Mix flour, milk, chicken broth, and parsley until smooth. Stir into potatoes. Microwave, uncovered, on High for 15 to 20 minutes or until desired thickness. Stir occasionally during cooking. Garnish with bacon.

964571 -- 'TWO OF EACH" SOUP

This recipe originally appeared in Bon Appetit as "One of Each Soup", I doubled all of the ingredients to come up with my version of "Two of each Soup" for Twinsday! Tastes great - you'd never guess the soup ingredients. 2 tbsp. butter

2 onions, chopped
2 apples, peeled, diced
2 celery stalks, chopped
2 tsp. curry powder or to taste
2 c. half & half
2 bananas, peeled & diced
4 c. chicken stock
1/2 tsp. salt
Lemon slices or melon balls or sour cream

Melt butter in large saucepan over medium high heat. Add onion, apples, bananas, and celery. Then add chicken stock, curry, and salt. Reduce heat, cover and simmer 30 minutes. Stir occasionally. Puree in blender or processor. Chill thoroughly. At serving time, blend in half and half, turn soup into chilled tureen, garnish with lemon slices or melon balls. May also be served hot (add half and half at the very end), right after blending, serve immediately, garnish with sour cream dollop.

964572 -- BROCCOLI - MUSHROOM CHOWDER

1 lb. broccoli, fresh
8 oz. mushrooms, fresh
8 oz. butter
1 c. flour, sifted
1 qt. chicken stock
1 qt. half & half
1 tsp. salt

1/4 tsp. white pepper
1/4 tsp. tarragon leaves, crushed

Clean and cut broccoli into 1/2 inch pieces. Steam in 1/2 cup of water until tender. Do not drain. Set aside. Wash and slice mushrooms. Melt butter in saucepan over medium heat. Add flour to make a roux. Cook 2 to 4 minutes. Add chicken stock, stirring with a wire whip and bring to a boil. Turn heat to low. Add broccoli, mushrooms, half and half, and spices. Heat, but do not boil.
*Chicken stock: Use homemade, canned or 4 bouillon cubes dissolved in 1 quart of water.

964573 -- HAMBURGER SOUP

1/2 c. onions, chopped
1 lb. hamburger
1 bay leaf
2 cans cream of celery soup
1 1/2 c. water
3 c. tomato juice
1/2 tsp. pepper
1 tsp. salt
1 heaping tsp. sugar
1 tsp. garlic salt
1 can of corn or 1 can green beans
(or both)

Saute hamburger in 3 tablespoons butter until done, then drain. Combine all ingredients into kettle and simmer for 45 minutes. Serves 8 to 10. The longer this simmers the better it gets.

964574 -- KRIS' FAVORITE CAULIFLOWER SOUP

1 lg. head fresh cauliflower,
separated into sm. flowerets
2 c. water
1/2 c. onion, chopped
1/4 c. margarine
1/2 c. unsifted flour
2 tbsp. chicken flavor instant
bouillon or 6 chicken bouillon
cubes
2 c. (8 oz.) mild Cheddar cheese,
shredded
2 c. milk
1/8 to 1/4 tsp. ground nutmeg
Parsley, chopped
Paprika

In medium saucepan, cook cauliflower in 1 cup water until tender; drain, reserving liquid. Reserve 1 cup cauliflower. In blender, blend remaining cauliflower and reserve liquid. Set aside. In large heavy saucepan, cook onion in margarine until tender; stir in flour. Gradually add remaining 1 cup water and bouillon, stirring until well blended and thickened. Stir in mashed cauliflower, reserved flowerets and cheese. Cook until cheese melts. Add milk and nutmeg. Heat over low heat. Serve garnished with parsley and paprika. Makes about 1 1/2 quarts.

964575 -- COLD CURRY SOUP

5 c. chicken broth
1 c. plain yogurt
1/2 c. whipping cream
Salt & pepper to taste
1 tsp. curry
2 egg yolks
Slices of cucumber

Bring chicken broth, yogurt, cream, curry and salt and pepper to a simmer. Beat yolks in a cup. Add small amount of liquid to yolks to heat slowly. Add all to soup. Heat 2 minutes; stir constantly. Allow to cool at least 4 hours. Pour over cucumber slices.

964576 -- CUCUMBER SOUP

6 med. sized cucumbers, peeled
6 c. Campbell's chicken broth
2 cloves garlic, minced
6 tbsp. white vinegar
1 tsp. salt
4 c. sour cream
1 tomato, chopped
Scallions, sliced
Parsley, chopped

Blend cucumbers, broth and garlic in a blender or food processor. Add vinegar, salt and sour cream. Refrigerate 24 hours. Garnish with tomatoes, scallions and parsley. This recipe can be made up to 2 days in advance and chilled.

964577 -- CHILLED CARROT SOUP

4 carrots, sliced (1 c.)
1 med. onion, sliced
1 stalk celery with leaves, sliced

1 1/2 c. chicken stock
1 tsp. salt
Generous pinch cayenne pepper
3/4 c. cream (or half & half)

Put first 3 ingredients in saucepan with 1/2 cup stock. Boil; cover and simmer for 15 minutes. Put in blender. Add salt and cayenne pepper. Turn on high speed, remove cover and while blending, add remainder of stock, then cream. Chill. Serve with garnish of sour cream and fresh basil or mint leaves.

964578 -- ASPARAGUS SOUP

1/4 c. minced onion
2 tbsp. butter
1 c. (1/4 lb.) thinly sliced asparagus
1/2 tsp. paprika
3 c. chicken broth
6 tbsp. whipping cream
2 tbsp. cornstarch
2 tbsp. water

Cook onion in butter until onion is soft. Add asparagus and paprika and cook, stirring until asparagus turns bright green. Stir in chicken broth and whipping cream. Heat to boiling. Blend together the cornstarch and water and stir into soup. Cook until thickened. Season to taste with salt and pepper. Serves 4 to 6.

964579 -- CREAM OF ARTICHOKE SOUP

1 (6 oz.) jar marinated artichoke
hearts
3 lg. cloves fresh garlic
1/2 c. chopped onion
2 tbsp. flour
2 (10 3/4 oz.) cans condensed chicken
broth
1 c. half & half
Finely chopped parsley

Drain marinade from artichokes into 2-quart saucepan. Crush garlic and add to marinade. Add onion and cook, covered, 10 minutes over low heat. Blend flour. Slowly stir in 1 can broth; heat to boiling, stirring. Boil 1 minute or until mixture thickens. Add hot mixture to artichokes and blend in blender until smooth. STRAIN into saucepan. Add remaining broth and half and half. Heat to serving temperature; do not boil. Sprinkle each serving with parsley. Makes 4 servings (4 1/3 cups).

964580 -- ENGLISH CHEDDAR CHEESE SOUP

1/4 c. butter
1/4 c. flour
1 (27 oz.) can chicken broth
2 carrots, cut into 1 inch julienne
strips
1 onion, chopped
1/2 c. chopped leeks
1 c. white wine
1 tsp. Worcestershire sauce
2 c. shredded cheddar cheese
Dash of red pepper
Salt
1/2 c. cream

Melt butter, blend in flour, gradually stir in broth until smooth; heat to boiling. Add carrots, onions, leeks, wine, and Worcestershire sauce. Simmer 10 minutes, stir in cheese and red pepper until cheese is melted. Season to taste with salt. Stir in cream, heat until hot. Do not boil. Serve.

964581 -- CHEDDAR CHEESE SOUP

3/4 c. chopped carrots
3/4 c. chopped celery
3/4 c. chopped cauliflower
1/2 c. chopped green onion
1/2 white onion, chopped
2 c. water
1/2 c. butter
1 c. flour
3 c. milk
1 c. evaporated milk
2 cans chicken broth
1 jar (15 oz.) Cheese Whiz
Pepper to taste

Boil first 4 ingredients in water for 5 minutes. Saute white onion in butter. Add flour and blend well. Boil milk and chicken broth. Stir milk and broth into onion mixture. Stir in boiled vegetable including water in which they were cooked. Add Cheese Whiz and pepper. Bring to a boil and serve.

964582 -- CHEESE & BROCCOLI SOUP

1 1/2 lbs. fresh broccoli, chopped
1 pt. half & half
2 c. water

1 lb. Velveeta cheese
3/4 tsp. salt
1/2 tsp. pepper
1/2 c. cornstarch mixed with 1 c.
cold water

Steam broccoli until tender. Place half and half and water in the top of a double boiler add cheese, salt and pepper. Heat until all the cheese is melted. Add broccoli. Mix cornstarch and water in a small bowl. Stir into cheese mixture in double boiler and heat over simmering water until soup thickens.

964583 -- CREAMY PUMPKIN SOUP

1/4 c. butter or margarine (low fat
works well)
1 c. chopped onion
1/2 c. chopped celery
1 garlic clove, crushed
1/2 tsp. salt (opt.)
1/4 tsp. ground pepper
3 c. chicken broth
1 bouillon cube
1 3/4 c. (16 oz. can) solid pack
pumpkin
1 c. half & half
Chopped chives or green onion tops

In a large saucepan, melt butter; saute onion, celery and garlic until soft. Add salt, if desired, and pepper; cook for 1 minute. Add broth and bouillon cube; simmer uncovered for 15 minutes. Stir in pumpkin and half and half; cook 5 minutes, stirring occasionally to blend. Top with chopped onion. Serve warm. Makes 6 cups. Double this recipe to make 12 cups!

964584 -- YUMMY SQUASH SOUP

2 lbs. yellow squash
2 (8 oz.) cans chicken broth
1 med. size onion
1 (8 oz.) pkg. cream cheese, reg. or
light
Salt & pepper to taste

Cut squash into small pieces, about 1 inch in size. Chop onion. Combine squash and onion in chicken broth. Cook until tender. In blender combine 1/2 of squash mixture with 1/2 of cream cheese. Puree and repeat for the rest of squash and cream cheese. Return mixture into pot and simmer for 15 minutes. Add salt and pepper to taste. This recipe can work with potatoes, also.

964585 -- RAINY NIGHT SOUP

2 lbs. ground beef
3 c. water
1 c. chopped carrots
1 c. chopped celery
1 lg. potato, cubed
Salt & pepper
Gravy mix
1 bay leaf
1/8 tsp. basil
1 can (28 oz.) crushed tomatoes
3 bouillon cubes
Catsup

Brown meat, drain. Add all ingredients, using catsup to taste. Simmer 1 hour in a large pot or slow cook in a crock pot.

964586 -- QUICK VEGETABLE SOUP

1 to 2 lg. cans V-8 juice
2 lbs. lean hamburger
1 can okra, drained
1 can white corn, drained
2 (32 oz.) cans mixed vegetables or
lg. bag of frozen vegetables
2 to 3 stalks celery, chopped
1 to 2 cans stewed tomatoes
3 tbsp. chopped cilantro
Garlic powder to taste
Ground pepper to taste

Brown meat, drain. Add V-8 juice and all other ingredients. Simmer at least 30 minutes, longer if possible. Serve with flour tortillas filled with low fat Mozzarella cheese and zapped in microwave until cheese has melted. Great on cold days!

964587 -- MUSHROOM BARLEY SOUP

1/2 c. raw pearl barley
6 1/2 c. stock or water
3 to 4 tbsp. tamari
3 to 4 tbsp. dry sherry
3 tbsp. butter
2 cloves garlic, minced
1 heaping c. chopped onion

1 lb. fresh mushrooms, sliced
1/2 to 1 tsp. salt
Freshly ground black pepper

Cook barley in 1 1/2 cups stock or water until tender (cook it right in the soup kettle). Add remaining stock or water, tamari and sherry. In another pan, saute onions and garlic in butter. When onions and garlic have softened, add mushrooms and 1/2 teaspoon salt. When all is tender, add saute mixture to barley, being sure to include the liquid given off by the vegetables as they've cooked. Give soup a generous grinding of fresh black pepper and simmer covered for 20 minutes over the lowest possible heat. Taste to correct seasoning.

964588 -- BLACK BEAN SOUP

4 c. dried black beans
12 c. broth, 1/2 beef, 1/2 chicken
1 onion, chopped
2 cloves garlic, mashed
1 tbsp. comino
3 tbsp. chopped cilantro
Garnish: fried tortilla chips, grated
Monterey Jack cheese, chopped
green onions, sour cream

Combine all ingredients in a large pot, cover and cook 3 to 4 hours on low heat until beans are soft. Puree and place back in the pot and thin to desired consistency with extra beef or chicken broth.

964589 -- BAKED POTATO SOUP

2 tbsp. butter
2 tbsp. chopped onion
1 1/2 tsp. salt
1/4 tsp. celery
1/8 tsp. pepper
3 1/2 c. milk
1 1/3 c. instant mashed potatoes
Paprika
Parsley

In medium saucepan, heat butter, onion, salt, celery salt, pepper and milk just to boiling. Stir in potato puffs (dry), continue cooking until smooth. Stir constantly garnish with cheese, bacon, sour cream, chives, paprika and parsley.

964590 -- HARVEST SOUP

9 c. water
1 lg. onion, chopped
2 lg. cloves garlic, minced
2 stalks celery, chopped
2 c. squash, cubed
1 sm. cauliflower
4 med. carrots, sliced
4 med. zucchini, sliced
3 med. white potatoes, sliced
1 sm. head cabbage, sliced thin
1/2 tsp. dried thyme
1/2 tsp. dried basil
2 tbsp. vegetable bouillon
1 tsp. sea salt
Dash of nutmeg
2 tbsp. fresh lemon juice

In heavy soup kettle, bring water to boil. Add all ingredients except lemon juice. Simmer for 30 minutes, stirring frequently to break up squash and form thick stock. Stir in lemon juice at end of cooking. Great leftover. Serves 8.

964591 -- CLASSIC BEEF & BARLEY SOUP

2/3 c. pearl barley
1 1/2 lbs. ground beef
1 med. onion, chopped fine
4 carrots, minced
3 ribs celery, diced
3 (10 1/2 oz.) cans beef consomme
2 c. water
1 (10 1/2 oz.) can tomato soup
1 bay leaf
1/4 c. parsley, minced

Brown ground beef and onion in Dutch oven or heavy kettle until meat is no longer pink. Add remaining ingredients, cover and cook, simmering 1 1/2 to 2 hours.

964592 -- SAUSAGE SOUP

1 lb. smoked sausage
1 onion, chopped
1 tbsp. oil
2 chicken bouillon cubes
1 tsp. salt
1/4 tsp. pepper
1 bay leaf
1/2 tsp. thyme

3 carrots in strips
3 celery stalks, chunks
1/2 head cabbage, chunks
2 tbsp. rice, uncooked
1 (8 oz.) can tomato sauce
1 can kidney beans
1 can whole tomatoes (28 oz.)
3 c. water

In a large saucepan, brown onion in oil until tender. Add remaining ingredients. Cover and simmer for 45 minutes.

964593 -- VEGETABLE - BURGER SOUP

1/2 lb. ground beef
1 (1 lb.) can (2 c.) stewed tomatoes
1 (8 oz.) can (1 c.) tomato sauce
2 c. water
1 (10 oz.) pkg. frozen mixed
vegetables
1/2 env. dry onion soup mix
1 tsp. sugar

In Dutch oven or large heavy saucepan, lightly brown ground beef; drain off excess fat. Stir in tomatoes, tomato sauce, water, frozen vegetables, onion soup mix and sugar. Bring to boiling. Reduce heat, cover and simmer 20 minutes. Makes 6 to 8 servings.

964594 -- OLD-FASHIONED VEGETABLE SOUP

3 lb. fresh tomatoes
2 1/2 qts. water or chicken broth
1 c. chopped onion
1 c. chopped celery
2 bay leaves
3 tsp. basil leaves, divided
2 tsp. salt
1/2 tsp. ground black pepper
4 c. coarsely chopped cabbage
2 c. cauliflower flowerettes
Parsley flakes
2 c. fresh corn kernels
2 c. sliced carrots
2 c. sliced zucchini
2 c. peeled, diced potatoes

Use tomatoes held at room temperature. Remove cores and coarsely chop. Place in a large pot with water. Bring to a boil. Add onion and celery, bay leaves, 1 1/2 teaspoons basil, salt and black pepper. Cover and simmer for 1 hour. Add

remaining vegetables. Cover and simmer until vegetables are tender, 45 to 60 minutes longer. Add remaining basil leaves, simmer 5 minutes longer.

964595 -- BARLEY SOUP

1 lb. ground chuck (can use 1 lb.
ground turkey)
3 onions, chopped
3 stalks celery, chopped
3 carrots, chopped
1 jar (2 oz.) granulated beef bouillon

Cook awhile in 1 quart water (crumbling meat). Add: 1 lg. can puree
1 pkg. Sweet & Low
1/2 box barley (approx.
1 c.)

Add after other ingredients are done. Simmer until everything is done. Stir often. Add enough water to make 5 quarts.

964596 -- NEW YORK MINESTRONE

1 lb. Italian sausage
1 tbsp. salad oil
1 c. diced onion
1 clove garlic, minced
1 c. sliced carrots
1 tsp. dry basil
2 sm. zucchini, sliced
1 can tomatoes, chopped
2 cans (10 3/4 oz.) beef bouillon or
3 beef bouillon cubes & 1 1/2 c.
water
1 c. coarsely shredded cabbage
1 tsp. salt
1/4 tsp. pepper
1 can (1 lb.) Great Northern beans,
undrained
Chopped fresh parsley

Slice sausage crosswise into 1/2 inch pieces; brown in oil in Dutch oven. Add onion, garlic, carrots and basil; cook for 5 minutes. Add zucchini, tomatoes with liquid, bouillon, cabbage, salt and pepper. Bring soup to boil; reduce heat and simmer for 1 hour, covered. Add beans and liquid, cook another 20 minutes. Garnish with fresh parsley. Serves 8. Freezes well, even better the next day.

964597 -- BLACK BEAN SOUP

1 c. black beans
4 c. cold water
2 sm. onions, chopped
2 tbsp. margarine
1 bay leaf
1 clove garlic, crushed
1 tbsp. parsley flakes
Ham pieces, ground (about 1/4 lb.)
1/4 tsp. salt
Pepper to taste

Place beans in soup kettle with enough water to cover entirely. Soak overnight. Drain water off beans and fill kettle with 4 cups cold water. Cook beans on low heat until soft. Saute garlic, onions and parsley in margarine and add to soup kettle along with all other ingredients. Continue cooking over low heat until soft (about 3 hours). Add water if beans become too thick. Recipe can be doubled if desired.

964598 -- TOMATO SOUP SALAD

2 (3 oz.) pkgs. lemon Jello
1 pt. boiling water
1 can tomato soup
1 lg. pkg. cream cheese
1 c. mayonnaise
1 1/2 tsp. onion, finely chopped
1 1/2 c. celery
1 green pepper
1 c. nuts, chopped

Dissolve gelatin in boiling water. Cool. Combine soup and cheese and heat until melted. Mix in gelatin. Pour into mold and chill.

964599 -- BEEF & VEGETABLE SOUP

1 qt. beef stock
1/4 to 1/2 lb. boiled beef
1 to 1 1/2 c. frozen mixed vegetables
1 sm. tomato, peeled, diced
Chives, finely chopped
Freshly grated Parmesan cheese, if
desired

Bring stock to a boil in a medium saucepan. Trim any fat from beef; slice or dice beef. Add beef and frozen vegetables to boiling stock. Cook 5 minutes.

Vegetables should be slightly crisp but tender. Add tomato and chives to taste. Ladle hot soup into 4 soup bowls. Sprinkle with Parmesan cheese, if desired. Serve with fresh crusty French bread. VARIATION: For a more substantial soup, add pieces of boiled potato, leftover pasta, rice or small flour dumpling.

964600 -- CANADIAN CHEESE SOUP

1/4 c. onion, minced
1/4 c. flour
1 3/4 c. chicken broth
1/4 c. celery, minced
Dash of paprika
2 tbsp. butter
2 c. milk
1/4 c. carrot, minced
Dash of salt
1/2 c. cubed sharp process American
cheese

Cook onion in butter until tender, but not brown. Blend in flour; add milk, chicken broth, carrot, celery, salt and paprika. Cook and stir until mixture thickens slightly. Reduce heat; add cheese, stirring until cheese melts. Simmer 15 minutes. Do not boil. Serves 4.

964601 -- FRENCH ONION SOUP

2 lg. or 3 med. onions, sliced
1/4 c. butter or margarine
1 qt. (4 c.) water
6 cubes or 6 tsp. beef bouillon
1 tsp. Worcestershire sauce
Dash of pepper
4 to 6 slices French bread, toasted
Grated Parmesan cheese

In large saucepan, cook onions in butter until tender. Add water, bouillon, Worcestershire sauce and pepper. Cover and simmer for 20 to 25 minutes to blend flavors. To serve, top each serving with a slice of toasted French bread and sprinkle with Parmesan cheese. If desired, place under broiler until cheese is bubbly. Makes 4 to 6 servings.

964602 -- VEGETABLE, HAM SOUP

1 tbsp. margarine
1 c. coarsely chopped green or red

peppers
 1 c. onion, chopped
 1 (16 oz.) pkg. frozen, whole kernel
 corn (3 1/2 c.)
 1 c. chicken broth
 4 oz. cooked lean ham, cubed
 1/2 tsp. ground cumin
 1/4 tsp. ground white pepper
 1/3 c. flour plus 1 tbsp.
 3 c. (two 12 oz. cans) undiluted
 evaporated low-fat milk, divided
 3 to 4 drops hot pepper sauce
 (optional)

In large saucepan, melt margarine; saute pepper and onion over medium heat for five minutes or until tender. Stir in corn, broth, ham, cumin and white pepper. Cook for five more minutes, stirring occasionally, until corn is cooked. Pour 1/2 cup evaporated lowfat milk into bowl; whisk in flour until well blended. Add remaining 2 1/2 cups evaporated lowfat milk; mix well. Slowly pour into saucepan. Increase heat to medium high; cook, stirring constantly for five minutes until mixture comes to a boil and thickens. Boil for one minute, add hot sauce. Makes 6 cups.

964603 -- SOUTHWESTERN ALASKA COD CHOWDER

3 slices bacon, cut into pieces
 3/4 c. onion, chopped
 1 clove garlic, minced
 3/4 tsp. ground cumin
 1/4 tsp. red pepper flakes
 2 tbsp. flour
 2 (14 1/2 oz.) cans low salt chicken
 broth
 1 (14 1/2 oz.) can tomatoes
 1/2 c. white wine
 1/2 green bell pepper, seeded &
 chopped
 1/2 sm. sweet potato, peeled & cut
 into 1/2 inch cubes
 1/2 pound Alaska cod or pollock, cut
 into bite sized chunks
 3/4 c. frozen corn kernels
 1 1/2 tsp. lime juice
 Pepper to taste

Saute bacon in large saucepan over medium heat until crisp. Stir in onion, garlic, cumin and pepper flakes. Saute five minutes or until onions are soft. Remove from heat and stir in flour. Cook one minute, stirring constantly. Gradually whisk in chicken broth. Stir in tomatoes, wine, peppers and sweet potatoes. Bring to a boil and reduce heat and simmer 10 minutes or until sweet potatoes are soft. Add fish and corn. Simmer 2 to 3 minutes, or until fish flakes with a fork. Season with lime juice and pepper. Spoon into bowls, garnish with parsley or cilantro. Serves 4.

964604 -- POTATO CHOWDER

5 med. potatoes, peeled, sliced
1/3 c. onion, chopped
2 tbsp. flour
Salt & pepper to taste
2 tbsp. margarine
1 (3 oz.) jar dried beef (cut beef
into sm. pieces)
3 c. milk

Cook potatoes in 2 1/2 cups boiling water until tender. Break up potatoes, slightly with a fork. Melt margarine in a saucepan. Add onion and cook until brown. Add beef. Cook and stir until beef curls. Add flour, mix well. Add milk all at once and stir until thickened. Add potatoes. Reheat. Serves 8.

964605 -- NINE BEAN SOUP

1 pkg. nine beans
2 qts. water
1 lb. ham or big ham hock
1 lg. onion, chopped
1 clove garlic, minced
2 tsp. salt or to taste
1/2 tsp. pepper
1 bay leaf
1/2 tsp. oregano
1 (12 oz.) can vegetable cocktail
juice
1/2 tsp. basil
1/2 c. parsley, chopped
1 (16 oz.) can tomatoes with liquid

Wash bean mix. Cover with water and let soak overnight. (If you forget to soak beans overnight, cover beans with water, bring to boil and boil 2 minutes. Remove from heat, cover and let stand 1 hour.) Drain beans. Add 2 quarts cold water and ham. Bring to a boil; simmer covered 2 1/2 to 3 hours. Stir in remaining ingredients; simmer 30 minutes, stirring occasionally.

964606 -- WON - TON SOUP

4 c. chicken broth
2 c. water
1 tbsp. soy sauce

1 pkg. won-tons (In boiling water
cook won tons 10 minutes or until
they float. Drain in colander;
cool under running cold water;
drain.)
1/4 lb. cooked ham, cut in thin
strips (roast pork can be
substituted for ham.)
2 med. green onions, chopped

In large saucepan, bring broth, water and soy sauce to boil. Add won tons and
cook about 5 minutes or until heated through. Add ham and onions. Serve hot.
Makes 6 servings.

964609 -- EASY OVEN STEW

2 lbs. boneless beef (chuck or round)
in 1 inch cubes
1/4 c. flour
2 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
2 tbsp. Wesson oil
4 sm. onions, quartered
4 sm. carrots, pared & cut into 1
inch pieces
4 sm. potatoes, pared & cut into
halves
1 c. sliced celery
1 c. water
2 oz. cans Hunt's tomato sauce with
mushrooms

Combine flour, salt, pepper and paprika in paper bag. Drop in beef, a portion
at a time; shake until coated. Mix with Wesson oil in 3 quart casserole. Bake,
uncovered, at 400 degrees for 30 minutes. Stir once. Add vegetables, water,
and Hunt's sauce; mix well. Cover; bake at 350 degrees for 1 3/4 hours or until
done. Yield: 6 servings.

964610 -- JUNGLE STEW

2 tbsp. onion, chopped
2 tbsp. oil
1/2 green pepper, chopped
1 clove garlic, minced
1/2 c. uncooked macaroni
15 1/2 oz. can red beans
1/8 tsp. pepper
16 oz. can stewed tomatoes

1 lb. ground beef
1 tsp. salt

Cook onion, pepper and garlic in the hot oil until onion is tender. Add ground beef and crumble with fork until it loses it's red color. Stir in remaining ingredients. Bring to a boil. Simmer, until macaroni is tender and there is little liquid, about 30 minutes.

964611 -- FRENCH ONION SOUP

2 sm. onions, thinly sliced
2 tbsp. butter
2 tsp. all-purpose flour
2 (14 1/2 oz.) cans beef broth
1/2 c. water
1 tsp. Worcestershire sauce
Garlic salt
Grated Parmesan cheese
4 slices French bread
1/4 c. Mozzarella cheese, shredded
1/4 c. Swiss cheese, shredded

Cut onion slices in half and separate. Combine onion and butter in 3 quart casserole. Cover and microwave for 9 minutes. Stir in flour; cover and microwave for 1 minutes. Add broth, water and Worcestershire sauce. Cover and microwave for 6 to 8 minutes. Spoon into 4 bowls. Sprinkle desired amount of garlic salt and Parmesan cheese on 1 side of bread. Top with remaining cheese. Place on top of each serving of soup. Microwave uncovered for 45 seconds.

964612 -- CHEESE SOUP

4 c. water
1 sm. onion, chopped
1/2 c. potatoes, diced
2 cans cream of chicken soup
4 chicken bouillon cubes
1 c. celery, chopped
2 1/2 c. California Blend Vegetables,
frozen
1/2 lb. Velveeta
1/2 lb. Cheddar cheese, shredded

Add first 5 ingredients in 4 quart saucepan. Cover and simmer 20 minutes. Add remaining vegetables and simmer until crispy tender. Add soup and simmer until vegetables are done. Add cheese until melted. Sprinkle bacon bits on top of served soup.

964613 -- BROCCOLI CHEESE SOUP

1 c. water
1 chicken bouillon cube
1 (10 oz.) pkg. frozen broccoli
1 med. carrot, cut into sm. pieces
2 tbsp. butter
3/4 lb. Velveeta cheese
1/2 can cream of chicken soup
1 tsp. onion flakes
1 tbsp. Worcestershire sauce
Pepper to taste

Heat water and bouillon cube to boiling; add frozen broccoli and carrot pieces. Cook over medium low heat according to broccoli package directions. Remove from heat but DO NOT DRAIN. In another pan, melt butter; slowly add flour. Continue stirring and add milk. Stir in cheese (in pieces), soup, onion flakes and Worcestershire sauce. After cheese is melted, add ingredients from other pan. Heat thoroughly, simmering 20 to 30 minutes over low heat and serve.

964614 -- POTATO - CHEESE SOUP

2 tbsp. oil
4 lg. potatoes, peeled & sliced
2 lg. onions, peeled & sliced
2 lg. celery, sliced
2 c. chicken broth
Salt & pepper
1 lg. clove garlic, minced or
equivalent of garlic powder
1 c. milk
8 oz. grated sharp Cheddar cheese

In a Dutch oven, cook garlic and vegetables in the oil for about 10 minutes. Add broth and salt and pepper. Bring to a boil, reduce heat, cover and simmer until tender. Mash to desired consistency. Add milk, heat thru. Add cheese and stir until melted. 4 servings.

964615 -- HAM AND POTATO CHOWDER

1/2 c. all-purpose flour
1/2 c. onion, chopped
3 garlic cloves, minced
1/4 c. butter or margarine
4 c. water
4 chicken flavored bouillon cubes OR
4 tsp. chicken flavored instant

bouillon
1 1/2 c. (2 med.) potatoes, peeled,
cubed
1/2 c. carrots, chopped
1/2 tsp. thyme leaves
1/2 tsp. nutmeg
1/8 tsp. pepper
1 bay leaf
1 (17 oz.) can whole kernel corn,
undrained
2 c. half & half
1 lb. (3 c.) cooked ham, cubed
2 tbsp. fresh parsley, chopped

Lightly spoon flour into measuring cup; level off. In large saucepan, or Dutch oven, saute onion and garlic in margarine until crisp-tender. Stir in flour. Cook 1 minute, stirring constantly. Gradually stir in 4 cups water and bouillon. Add potatoes, carrots, thyme, nutmeg, pepper and bay leaf. Bring to a boil; reduce heat. Cover; simmer an additional 15 to 30 minutes or until slightly thickened. Add corn. Cover; simmer an additional 20 to 30 minutes or until vegetables are tender. Stir in half and half and ham. Cook until thoroughly heated. Do not boil. Remove bay leaf. Garnish with parsley. Yield: 8 servings (1 1/2 cups each).

964616 -- STRAWBERRY BAVARIAN CREAM

1 sm. pkg. strawberry Jello
1 (10 oz.) pkg. frozen strawberry
halves
1 c. boiling water
1 tub Cool Whip

Drain strawberries, reserving any syrup. Dissolve gelatin in boiling water. Add water to reserved syrup to make 1 cup. Add syrup to gelatin. Chill until almost set. Then fold in strawberries and gelatin into whipped cream and chill. Makes 10 servings.

964617 -- FISH CHOWDER

3 lg. potatoes, cubed
1 lg. onion, chopped
1 (16 oz.) can tomatoes, squeezed
1/2 green pepper, diced
3 lg. stems celery, cut in 1/2 inch
pieces
2 tbsp. lemon juice
1 or 2 cloves garlic, pressed or
chopped
2 tbsp. Worcestershire sauce

2 lbs. fish, cubed
2 tsp. salt
1/2 tsp. red pepper flakes
1 tbsp. sugar
1/4 tsp. black pepper; or all of the
foregoing to taste

Cook potatoes, drain and save water. Set aside. Saute onions in 3 tablespoons oil until clear. Add next 6 ingredients and seasonings; simmer until celery is almost tender. The above can be prepared ahead. 1/2 hour before serving, heat the tomato mixture, add the potatoes. Bring to a slow boil; add fish, stir to mix and simmer until fish is done, about 4 to 5 minutes. Do not over stir. Northern or walleye are best to use as they retain firmness. St. Louis, MO

964618 -- TOMATO EGG FLOWER SOUP

4 dried black mushrooms
6 c. chicken broth
1 tbsp. dry sherry
1 med. tomato, peeled, seeded & diced
2 tbsp. cornstarch, mixed with 1 cup
water
1 egg, slightly beaten
1 tsp. sesame oil
1/4 tsp. white pepper
1 green onion, thinly sliced

Soak mushrooms in warm water to cover for 30 minutes; drain. Reserve 1 cup liquid. Cut off stems, discard, dice caps. In 3 quart pot, bring broth, sherry, mushroom liquid and mushrooms to boil. Cook 3 minutes. Add tomato, simmer 1 minute. Add cornstarch and cook, stirring until soup boils and thickens slightly. Remove from heat and slowly drizzle in egg while stirring. Add pepper. Divide sesame oil and green onions into each bowl. Ladle soup on top. Crystal Lake, IL

964619 -- SENATE BEAN SOUP

1 lb. dry navy beans
1 meaty ham bone or 1 1/2 lbs. ham
hocks
1 c. onion, chopped
2 garlic cloves
1 c. celery, chopped
2/3 c. potato flakes
1/4 c. parsley, chopped
1 1/2 tsp. salt
1/2 tsp. pepper
1 tsp. each nutmeg, oregano, basil
1 bay leaf

In large kettle, cover beans with 6 to 8 cups hot water. Bring to a boil; boil 2 minutes. Remove from heat; cover. Let stand 1 hour. Drain; add 2 quarts cold water and ham. Bring to a boil. Simmer 1 1/2 hours. Stir in remaining ingredients. Simmer 20 to 30 minutes until beans are tender. Remove ham; trim off meat. Return to soup. Makes about 3 quarts. Freezable. Crystal Lake, IL

964620 -- WILD RICE SOUP

1 lb. bacon, cooked until crisp
1 lg. onion, chopped
1 pt. half and half
2 (4 oz.) cans mushrooms with juice
2 cans cream of potato soup
1 c. (8 oz.) wild rice, cooked
1 c. cheese, shredded
1 pt. water

Cook bacon until crisp. Remove from pan. Saute onion in bacon grease, drain. In large saucepan, combine bacon, onion and remaining ingredients. Heat thoroughly, being careful not to scorch. St. Paul, MN

964621 -- CREOLE SOUP POT

2 c. chicken , cut in bite size pieces
or 1 lb. shrimp, cooked
6 slices bacon, cut in 1/2 inch pieces
3/4 c. green onion, sliced
1 med. green pepper, cut into 1/2
inch pieces
1 tsp. garlic
2 cans chicken with rice soup
1 (14 1/2 oz.) can stewed tomatoes
1 1/2 c. water
1 bay leaf
Hot sauce to taste

In soup kettle, cook bacon until crisp over medium heat. Remove bacon and drain fat, leaving 2 tablespoons in pot. Add green onions, green pepper and garlic; cook over medium heat until crisp tender. Add tomatoes, soup, water, and bay leaf. Bring just to boil, reduce heat. Simmer, uncovered, 10 minutes. Add chicken/shrimp and bacon; cover and heat gently for 5 more minutes. Add hot sauce and serve. Lombard, IL

964622 -- (VOMATCHKA) A BOHEMIAN CREAM BEAN SOUP

1 pt. string beans, cut in 1 inch
pieces (green or yellow beans)
3 sm. onions, cut in pieces
5 sm. potatoes, cut in pieces
Fresh dill to taste (take out after
soup is done)
Salt & pepper

Cover with water and boil 30 to 45 minutes. When boiled enough, add 3 eggs and stir a little. Add a mixture of flour and water just to thicken a little. Add 1 pint of half & half cream. Heat 1/4 cup vinegar and add last to soup. Do not boil any more with vinegar. May have to add more or less vinegar to your taste. Peppers, calorabi, celery, and carrots, can also be added. Montgomery, MN

964623 -- ROY'S TATER SOUP

6 sm. potatoes, cut up into sm. pieces
1 stick margarine
1 qt. milk
Salt & pepper

Cook potatoes until tender; gently crush into very small pieces, do not pour off water unless you have a lot. Mix potatoes until similar to mashing potatoes. Add milk, salt, pepper and margarine. Stir until gently boiling. Serve with cornbread.

964624 -- BLUE CHEESE GELATIN

2 c. cottage cheese
1 env. unflavored gelatin
1/4 c. cold water
1/2 c. crumbled blue cheese
2 tbsp. chopped green onions or
parsley
1/4 c. nutmeats
1/4 c. chopped celery
1/2 c. mayonnaise
1/2 c. whipping cream
Few drops green coloring

Soften gelatin in water 5 minutes. Set over hot water until dissolved. Mix gelatin with cheese, parsley, nuts, celery and mayonnaise. Gently fold whipped cream into mixture. Add drops of green color. Fill molds and chill. Arrange molded gelatin on plate of lettuce. Surround with canned pears, strawberries, kiwi, grapes, melon cubes, chunk pineapple, orange or grapefruit, spiced crabapple. Clearwater, Florida

964625 -- CHINESE RAINDROP SOUP

6 thinly sliced water chestnuts
2 thinly sliced scallions
1 tbsp. sherry
Salt & pepper
3 3/4 c. chicken stock
1 1/2 c. cooked chicken

Put all ingredients in pan to boil, then simmer for 15 minutes. Add sherry and season to taste. Largo, Florida

964626 -- TRUE SPANISH FLAVOR SPANISH BEAN SOUP

1 med. onion, minced
2 cloves garlic, minced
1/2 med. bell pepper, chopped
2 oz. Vigo olive oil
1 Chorizo (Spanish Sausage)
1/2 lb. smoked ham
1/4 tsp. Vigo paprika
1 (#2) can garbanzos
2 med. potatoes, diced 1/2 inch
Salt to taste
Vigo flavoring & coloring for yellow
rice

In large saucepan, fry onion, garlic and bell pepper in olive oil, add Chorizo, smoked ham and paprika. Fry until onions are tender, but not browned. Add entire contents of garbanzo can (including liquid) and also 1 1/2 cans of water. Bring to a boil. Add potatoes, salt to taste and pinch of Vigo flavoring and coloring to obtain desired golden color. Then lower heat, cook 15 minutes or until potatoes are tender. Serves 4. Clearwater, Florida

964627 -- WAKAVAKI INDIAN SOUP

6 3/4 lbs. short ribs
6 ears of corn (cut into thirds)
4 1/2 lbs. cabbage
1 1/2 lbs. zucchini
2 lbs. carrot
2 cans green beans (16 oz. can) fresh
green beans
2 cans garbanzo beans (15 oz. can)
2 tbsp. salt
3 whole cloves garlic

Cook short ribs in 20 cups of water for 1 hour over medium flame. Add carrots, corn and garlic and then cook for 1/2 hour. Next add cabbage and 10 cups of HOT water and continue cooking for 15 minutes. Next add garbanzo beans, green beans, zucchini, 2 tablespoons of salt and then cook 1 additional hour. Serve each bowl with 2 cups of soup and include 1 piece of corn and 2 short ribs in the bowl. Serve the soup with a tortilla. Tucson, Arizona

964628 -- HAM & CORN CHOWDER

2 tbsp. butter or margarine
2 c. frozen chopped onions
1 c. frozen chopped green bell pepper
1 lb. chunk fully cooked ham
1 lg. Russet (baking) potato
3 1/2 c. water
3 c. frozen corn kernels
1 chicken bouillon cube or 1 tsp.
instant broth granules
13 round buttery crackers
1 c. milk

Melt butter in a 4-quart Dutch oven; stir in onions and pepper and, stirring occasionally, cook over high heat 5 minutes until crisp-tender. Meanwhile cut ham in small chunks (3 cups) and peel and dice potato. Add to pot with the water, corn and bouillon cube. Bring to boil, reduce heat, cover and simmer 14 minutes or until potato is tender. While soup cooks, crush crackers (1/2 cup); add milk and cracker crumbs to soup; stir until soup returns to a simmer. Serves 6. Fairfield, California

964629 -- WILD RICE SOUP

6 tbsp. butter
1 tbsp. minced onion
1/2 c. flour
3 c. chicken broth
2 c. cooked wild rice
1/2 tbsp. salt
1 c. half & half
2 tbsp. dry sherry
Snipped parsley or chives

Melt butter in saucepan. Saute onions until tender. Blend in flour. Gradually stir in broth. Cook, stirring constantly until begins to boil. Boil 1 minute. Stir in rice and salt. Simmer 5 minutes. Blend in half & half and sherry. Serves: 4. VARIATION: Add 1/2 cup minced ham and 1/3 cup finely shredded slivered almonds. Palm Harbor, Florida

964630 -- POTATO - DILL SOUP

3 c. water
3 potatoes, cubed
1 tsp. salt
1 c. cream (half & half)
2 tbsp. fresh or frozen dill
4 hard-boiled eggs
1 tbsp. flour

Boil potatoes in salt water. Combine flour and cream. When potatoes almost cooked, add flour and cream mixture. Bring soup to a boil. Add finely chopped dill (do not use stems of dill). Garnish with chopped egg. Season with vinegar to taste. Clearwater, Florida

964631 -- POTATO SOUP

3 to 4 lg. potatoes, peeled & chopped
1 onion, chopped
1 carrot, chopped
2 stalks celery, chopped

Cook above in small amount of water (covered) until tender. Add: 1 can evaporated milk
2 to 3 c. 2% milk
Salt & pepper to taste

Add 4 slices crisp cooked bacon, crumbled. Simmer, do not boil. When ready to serve, add dill weed and parsley. Fairfield, California

964632 -- DIET SOUP

2 c. tomato juice
2 pkgs. beef broth powder
1 c. French green beans
1 can Chinese vegetables
1 c. raw cabbage, sliced
3 stalks celery, sliced
Salt & pepper to taste

Simmer above ingredients together for 20 to 30 minutes. Belleair, Florida

964633 -- HOT MADRILENE SOUP

2 cans (18 oz. each) tomato juice
1/4 c. (1/4 stick) butter
1/4 c. chopped onion
2 cans (10 1/2 oz. each) beef broth
or bouillon
1 bay leaf
Grated Parmesan cheese
Parsley

In saucepan melt butter. Saute onion. Add juice, broth and bay leaf. Heat to boiling point, reduce heat and simmer 5 minutes. Serve garnished with cheese and parsley. Serves 7. Coconut Creek, Florida

964635 -- GAZPACHO

1 (48 oz.) can Sacramento Brand tomato
juice
2 (10 oz.) cans tomato soup
1 c. each finely chopped: celery,
tomato, cucumber, green pepper
1/2 c. yellow onion, finely chopped
1/2 c. green onion, finely chopped
1/4 c. fresh cilantro, finely chopped
2 oz. tarragon wine vinegar
4 oz. reconstituted lemon juice
2 tsp. Tabasco sauce, to taste
2 tsp. salt, to taste
1 tbsp. olive oil

Combine above in large container. Serve ice cold with croutons and grated Parmesan cheese.

964636 -- LEMON SOUP

6 c. chicken broth
1/2 c. orzo
2 eggs
1 tbsp. water
2 tbsp. lemon juice
Salt and pepper to taste

Bring broth to a boil. Add orzo cook until tender about 10 minutes. Remove from heat. In bowl beat eggs until frothy. Add water to lemon juice and slowly add to egg mixture. Very slowly dribble hot broth to egg and lemon mixture beating continuously until you have added a cup or more of broth. Then pour egg mixture into remaining broth stirring constantly so as not to curdle. Season to taste and serve immediately.

964637 -- NORTH CAROLINA PEANUT SOUP

1/4 c. chopped onion
1/4 c. chopped celery
1 tsp. crushed garlic
3 tbsp. unsalted butter
2 tsp. curry powder
2 tbsp. flour
2 (13 3/4 oz.) cans chicken broth
1/4 tsp. pepper
1 c. peanut butter
1/2 c. plain yogurt
2 tbsp. lemon juice
1/2 c. chopped peanuts
1/4 c. chopped parsley

Saute onion, celery and garlic in butter in medium sized saucepan until tender but not browned, stirring often. Stir in curry powder. Mix in flour until smooth, cook 1 minute stirring constantly. Remove from stove. Add water to chicken broth to make total of 4 cups. Gradually stir into curry mixture until smooth. Stir in pepper. Cook over medium heat, stirring constantly until mixture thickens and boils. Cool slightly. Place broth mixture and peanut butter in blender or processor. Whirl until smooth. Return to saucepan. Bring to boiling, lower heat, cover and simmer 10 minutes. Place yogurt in small bowl. Gradually stir in some hot soup. Return to saucepan. Gently heat just to serving temperature. DO NOT BOIL. Stir in lemon juice. Ladle into bowls. Sprinkle with chopped peanuts and parsley.

964638 -- CORN CHOWDER A LA NEW ENGLAND

1 reg. size can creamed corn
1 sm. can corn niblets
2 - 3 sm. pieces salt pork OR
1/8 lb. butter
2/3 c. chopped onions
3 - 4 c. homog. milk
1 1/2 - 2 med. sized potatoes

Render out salt pork pieces in large cast aluminum pot. Remove salt pork pieces and add onions. Saute until translucent. Peel and dice potatoes. Bring to slow boil in separate pot for 20 minutes. Warm milk in separate pan. Add creamed corn to onions and fat. Add corn niblets and warm milk. Drain diced potatoes and combine all in original large aluminum pot. Salt and pepper to taste.

964639 -- RHODE ISLAND CLAM CHOWDER

2 oz. salt pork, finely diced
1 med. onion, chopped
8 c. potatoes, peeled, diced OR red
potatoes, diced with skins
2 c. minced clams with juice
12 - 14 med. size quahaugs, open and
grind saving juice
32 oz. clam juice, from quahaugs and
bottled
2 - 4 tbsp. chopped celery leaves
16 oz. can peeled chopped tomatoes
with juice

Saute salt pork over medium heat until golden. Remove solid pieces. Add onion and cook until golden in salt pork oil. Cook potatoes in water until just tender in large soup pot. Add salt pork and onion. Add remaining ingredients and bring to simmer. Simmer for 30 minutes. Add salt and pepper to taste.

964640 -- HEARTY HAMBURGER VEGETABLE SOUP

1 lb. ground chuck
1 med. onion, chopped
1 med. green pepper, chopped
1 stalk celery, chopped
2 carrots, chopped
1 can whole tomatoes
1/4 c. barley
1 tbsp. salt
1/4 tsp. pepper
8 c. water
1 env. country vegetable soup mix
with noodles

Brown beef over moderate heat in a large saucepan or Dutch oven, breaking up lumps with a fork. Pour off all but 2 tablespoons of the drippings. Add onion and saute 5 minutes. Add green pepper, celery, carrot, whole tomatoes, barley, salt, pepper and water. Bring to boiling; lower heat. Cover and simmer 1 hour or until barley is tender. Add prepared soup mix, cook 30 minutes longer. Serve with crusty bread.

964641 -- COUNTRY BEAN SOUP

1 lb. mixed beans for soup, USE ANY
COMBINATION OF: kidney, pea, black, yellow eye, etc.
1 lg. onion
1 (28 oz.) can tomatoes, cut OR

1 lg. can tomato puree
1 clove garlic
1/2 c. chopped celery
2 carrots, chopped
1 tsp. chili powder
Salt and pepper

Wash beans thoroughly, cover with water and soak overnight in a large covered kettle. Next day, drain and add 2 quarts water, 2 cups diced smoked sausage or 1 large ham bone. Cover and simmer 2 to 3 hours, then add: onion, tomatoes or puree, garlic, celery and carrots. Add chili powder, salt and pepper. Simmer 45 more minutes. Serve with cornbread. The flavor improves with age.

964642 -- SOPA DE LIMON

6 corn tortillas, cut in wedges
1 chicken breast, boned & skinned
2 onions - 1 quartered, 1 chopped
2 cloves garlic, chopped
6 c. chicken broth
4 peppercorns
1/2 tsp. thyme leaves
1 tbsp. olive oil
2 green chilies, chopped
Juice & zest of 1 lemon
1 tbsp. grapefruit zest
Cilantro leaves for garnish
Tomato

1. Spread tortilla wedges in a single layer on a baking sheet, then air dry, in a 200 degree oven for about 20 minutes, turning once. 2. Meanwhile, in a soup pot, combine chicken breast, broth, garlic, quartered onion, peppercorns and thyme. Raise to a boil, then reduce heat and simmer 20 minutes. 3. Lift chicken from broth and shred with 2 forks. Strain broth and reserve. 4. In soup pot, heat olive oil, then saute chopped onion and chilies over medium heat until onion is soft. Add tomato and saute about 5 minutes, stirring all the while. 5. Pour broth back into soup pot, salt to taste and raise to a boil. Add lemon juice and zest and grapefruit zest. Simmer 20 minutes or so. 6. Ladle soup over tortilla wedges in serving bowls and garnish.

964643 -- LENTIL SOUP

2 c. dried lentils
2 qts. water
1 ham bone or smoke neck bones
2 lg. carrots, chopped
1 lg. onion, chopped
2 stalks celery & leaves, chopped
1 bay leaf

2 garlic cloves, peeled & quartered
6 good grinds of fresh pepper
1 tsp. salt
1/2 lb. Kielbasi sausage, diced

Wash lentils and pick over. Drain. Put in large kettle with remaining ingredients except sausage. Bring soup to a boil, reduce heat and simmer for 1 1/2 hours. Meanwhile, during last 10 minutes of cooking hour dice sausage and saute in skillet in a little heated oil until golden brown on all sides. Remove ham bone and bay leaf from soup. Garnish each serving with diced cooked sausage. Serves 8. For thinner soup, add additional 2 cups of water.

964644 -- KIELBASA LENTIL SOUP

One hour before serving, wash 2 1/2 cups lentils. Heat to boiling: 8 c. water
Lentils
32 oz. chopped tomatoes
2 bay leaves
1 tbsp. salt
Dash of pepper

Reduce heat. Add 1 1/2 pounds Kielbasa, cut up. Cover and simmer. Meanwhile, in skillet fry 8 slices bacon, cut up; 1 cup each chopped celery, carrots and onions. Cook 15 minutes stirring occasionally. Add to lentils and continue to cook for 30 minutes. Serves 8 to 10.

964645 -- PALOUSE SOUP

Stir up a batch of homemade soup mix to have on hand or to package in jars as kitchen gifts. 2 1/2 c. washed lentils
2 1/2 c. washed green split peas
2 1/2 c. pearl barley
2 c. alphabet macaroni
1 c. dried onion flakes
1/2 c. celery flakes
1/2 c. parsley flakes

Mix all ingredients together and store in a jar with tight fitting lid. Stir well before using. TO COOK: Combine 1 cup of mix with 4 cups water or seasoned stock in a soup pot. Add 1 cup cooked, chopped meats, if desired. Bring to boil. Reduce heat to low and cover. Simmer gently for 45 minutes or until peas are tender. (Cooking time may need to be extended at high altitude or in hard-water areas.) Add 1 1/2 tablespoons salt, if desired. VARIATIONS: To create Minestrone Palouse Soup, combine 1 cup mix with 16 ounce can of stewed tomatoes, 2 or 3 cups water. Add 1 chopped onion, 1 or 2 chopped potatoes and 1/2 teaspoon basil. Bring to boil and cook as directed above. The vast fertile Idaho-Washington border country commonly known as the Palouse produces almost all of the lentils grown in the United States.

964646 -- BLACK BEAN SOUP

1 1/2 red onions
1 tsp. garlic
1/4 c. cilantro leaves

1 lb. pkg. black beans (soaked 24
hours)
1 tsp. oregano
1 bay leaf
20 oz. can tomatoes, chopped
1/4 to 1/2 c. cilantro leaves

Just before serving, add to soup pot 2 tablespoons lemon juice and 2
tablespoons rice vinegar. To thicken mash some of the beans. Serve over rice,
if desired. Top with a spoon of sour cream and (or) cheddar cheese.

964647 -- VEGETABLE BEAN SOUP

1 (28 oz.) can whole tomatoes,
undrained & cut into pieces
1 (16 oz.) can pork & beans
1 (10 oz.) pkg. frozen whole kernel
corn
1 c. water
1 c. sliced celery
1/2 c. chopped green pepper
1 tsp. oregano
Salt & pepper

In 3 quart saucepan combine all ingredients. Simmer 25 minutes or until
vegetables are desired tenderness. Salt and pepper to taste. Makes 8 one cup
servings.

964648 -- ZUCCHINI SOUP

4 slices bacon, chopped
1 med. onion, chopped
1 clove garlic, minced
1 (10 1/2 oz.) can beef consomme
2 1/2 c. water
2 tbsp. dried parsley
1 tsp. dried basil
1/4 tsp. pepper
6 to 8 med. zucchini, sliced

Grated Parmesan cheese

Cook bacon in large pot until light brown. Drain fat. Add onion and garlic, saute lightly. Add remaining ingredients except Parmesan cheese. Simmer, uncovered, until zucchini is tender, about 15 minutes. Cool about 15 minutes and blender 2 cups at a time. Reheat and serve with Parmesan cheese sprinkled on top. Freezes well.

964649 -- ZUCCHINI SOUP WITH ITALIAN SAUSAGE

2 lbs. zucchini, cut into 1/2 inch pieces
1 lb. Italian sweet or hot sausage, remove casing
2 c. celery in 1/2 inch pieces
1 c. chopped onion
2 qt. tomatoes
2 tsp.s alt
1 tsp. Italian seasoning
1 tsp. oregano
1 tsp. sugar
1/2 tsp. basil
1/4 tsp. garlic powder
2 green peppers in 1/2 inch pieces

Brown sausage, drain off fat. Add celery and cook 10 minutes. Add remaining ingredients except green pepper. Simmer, covered, 20 minutes. Add green pepper and cook, covered, 10 minutes. Makes 3 1/2 quarts. The tomatoes and zucchini create soup liquid. Serve with garlic buttered Italian bread and grated Parmesan cheese.

964650 -- CARROT SOUP

2 tbsp. butter
1 chopped onion
5 c. chicken stock
1 lb. carrots, grated
3 potatoes, grated
1/2 tsp. thyme
1/4 tsp. Tabasco sauce
1 tsp. Worcestershire sauce
1 1/2 c. milk
2 c. grated cheddar cheese
Salt

Melt butter and saute onion until tender. Add chicken stock and bring to boil. Add carrots, potatoes, thyme, Tabasco sauce and Worcestershire sauce and simmer until vegetables are tender, 30 to 40 minutes. Add milk and cheese and cook until cheese is melted. Salt to taste. Serves 6 to 8. If you like a really

thick soup, thicken with a paste of 3 tablespoons flour and 1/4 cup milk just before serving.

964651 -- LEEK SOUP

4 tbsp. butter
6 leeks, washed well & sliced (white
part only)
1 med. onion, chopped
1 potato, peeled & diced
2 c. hot water
2 c. milk
1/2 c. heavy cream
Salt & pepper to taste

Saute leeks and onion in melted butter, stirring for 5 minutes. Add potato, hot water and milk and bring to a boil. Reduce heat and simmer for half an hour. Add cream and seasoning. Garnish with chopped chives. Serves 4 to 6.

964652 -- POTATO SOUP

1 ham hock
Potatoes, about 4 med. sized
Potato Buds (Betty Crocker dehydrated
potatoes)
2 c. milk
1 (16 oz) can whole kernel corn

Cook ham hock until meat falls off the bone. Remove cooked ham hocks, strain broth into a bowl and refrigerate overnight if possible. Next day skim off the fat which rises to the top. Cook the potatoes in this ham-hock stock. Potatoes should be cut into cubes and cooked until soft but not mushy. Then add 2 cups milk to the stock, followed by the Potato Buds until the soup thickens to desired consistency. Put the deboned, diced and (or) shredded ham bits into the stock along with 1 can whole kernel corn. Flavor as desired, adding salt, pepper, dehydrated onions, parsley, etc.

964653 -- PALUCCA SOUP

1 rounded c. of sliced carrots
1 rounded c. sliced celery
1 med. sliced onion
3/4 c. rice (cooked)

Marinate in 3/4 stick melted butter for 30 minutes. Add 2 quarts of chicken broth and 3/4 cup white wine. Simmer until vegetables are done. Add 2 1/2 inches of Velveeta cheese, cut into small pieces. Stir until cheese melts. Stir into mix 1/2 pint of half and half. Serve at once.

964654 -- WILD RICE SOUP

1 c. uncooked wild rice
3 c. boiling water
2 strips smoked bacon
1/4 c. chopped onion
3/4 c. sliced celery
1/2 c. sliced carrots
1 can (14 1/2 oz.) chicken broth
2 cans (10 3/4 oz. each) cream of
mushroom soup
2 soup cans milk
1 can (4 oz.) mushrooms, plus liquid
1 tsp. seasoned salt
Pepper to taste

Combine rice and boiling water in large saucepan, simmer, covered for 50 to 60 minutes. Drain off excess liquid; set rice aside. Fry bacon until crisp; remove bacon and saute onion, celery and carrots in small amount of bacon fat. Combine broth, soups, milk, mushrooms, salt and pepper, reserved crumbled bacon, sauteed vegetables and wild rice. Simmer, covered, 1 hour. Yield: 8 servings.

964655 -- CROCK POT MANHATTAN STYLE CLAM CHOWDER

1/4 lb. diced bacon, fried & drained
1 lg. onion, diced
2 carrots, thinly sliced
3 stalks celery with leaves, thinly
sliced
1 tbsp. fresh parsley (or dried)
1 lg. can tomatoes, broken up, with
juice
1 1/2 tsp. salt
Black pepper
1 bay leaf
1 tsp. thyme
3 potatoes, diced
2 or 3 cans clams with juice

Put all ingredients in crock pot. Stir to blend. Cover and cook on high for 1 hour, then on low for 8 hours. Serves 4.

964656 -- DELICIOUS SOUP

1 chopped onion
1 c. green onion
1/4 lb. ground round

2 cans creamed corn
1 lg. can stewed tomatoes
4 diced cooked potatoes

Add 3 cups milk. Heat all together.

964657 -- CARROT SOUP

1 qt. milk (Rich)
2 c. cooked carrots, mashed
2 tbsp. onion, finely minced
1 tsp. salt
1 tsp. sugar
1 tbsp. flour
1/4 tsp. pepper
1 tbsp. butter

Heat milk. Mash carrots or put through sieve. Add 1 tablespoon flour. Stir into the boiling milk and season with two tablespoons chopped parsley; gives it unusual taste. Brandon

964658 -- TOMATO SOUP FOR 2

1 c. tomatoes (I use my home canned)
1 tbsp. butter or margarine
1 tbsp. flour
1 c. milk
Salt & pepper to taste

Mix butter or margarine; add the tomatoes and cook until thickened. Heat milk (but do not boil). Add the cooked tomatoes slowly, (while stirring) to the hot milk. Serve at once. Farwell

964659 -- "OLD FASHIONED" BEAN SOUP

Ham bone, cut meat from bone
1 pkg. #2 Navy beans

1 carrot, diced
1 stalk celery, diced
5 whole allspice
1 onion, chopped
2 potatoes, peeled & diced
Salt & pepper
Water to cover

Boil approximately 3 hours until done. Alexandria

964660 -- GARLIC SOUP

6 cloves garlic, finely chopped
2 cans chicken broth
2 eggs
1 tbsp. apple cider vinegar (natural)

Saute garlic in small amount of oil. Pour in broth, let boil 2 minutes. Separate eggs, pour in whites with vinegar. Pour into soup and beat. Simmer 2 minutes. Use skillet for making serve in cup or hand bowl and drink. Tastes great and clears nasal passages and cleanses. Also good for high blood pressure.

964661 -- CHEESE SOUP

1/2 c. onions, chopped
1/2 c. celery
1/2 c. grated carrots
1/2 c. flour
4 c. chicken broth
Parsley flakes
Salt & pepper to taste
Paprika
2 c. milk
Velveeta cheese (3 lb. pkg.)

Combine all ingredients except cheese and bring to a boil. Cube cheese and add until desired thickness is achieved.

964662 -- FRENCH ONION SOUP

4 lg. onions, thinly sliced
2 tbsp. butter
4 c. brown stock or beef broth
1 tsp. Worcestershire sauce

2 hard rolled, sliced & toasted
Grated parmesan cheese

Cook onions in butter until lightly browned. Add stock and Worcestershire sauce, cook 20 minutes. Season with salt and pepper. Sprinkle toast with cheese. Pour soup in bowls and float toast slices on top. Place under broiler a few seconds until cheese is lightly browned.

964663 -- PRONTO BEEF VEGETABLE SOUP

3 c. leftover cubed, cooked roast beef
1 c. carrots, diced
1 c. peeled potatoes, diced
1 c. corn
1 c. cut green beans
1/2 c. onion, chopped
1 qt. tomato sauce
1/2 tsp. salt
1 tsp. dried basil
1 tsp. dried oregano
1 tbsp. chopped fresh parsley

In a large saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer 30 minutes or until vegetables are tender. If necessary, add 1/2 to 1 cup water to thin soup. Yield 6 to 8 servings.

964664 -- MICROWAVE TOMATO CITRUS SOUP

1 (10 1/2 oz.) can condensed tomato
soup, undiluted
1 c. orange juice
1/3 c. chicken broth
1 tsp. lemon juice
1/2 tsp. sugar

Combine tomato soup, orange juice, chicken, broth, lemon juice, and sugar in 4 cup glass measure. Cook on high 5 to 5 1/2 minutes in microwave. Serve with croutons, Parmesan cheese or sour cream.

964665 -- CREAM OF ASPARAGUS SOUP

1 lb. fresh asparagus
3 1/2 c. chicken stock
1/4 c. butter
1/4 c. flour

1/3 c. light cream
1/8 tsp. pepper

Trim off coarse ends of asparagus and cut into 1 inch pieces. Cook until tender in 1 cup of chicken stock. Melt butter in a deep saucepan. Remove from heat and stir in flour. Add remaining stock slowly. Cook, stirring constantly until slightly thickened. Stir in cream, pepper and cooked asparagus with liquid and heat through.

964666 -- POTATO SOUP

6 potatoes, peeled & cut into bite
size pieces
2 onions, chopped
1 carrot, pared & sliced
1 stalk celery, sliced
4 chicken bouillon cubes
5 c. water
1 tbsp. salt & pepper
1/3 c. butter
1 (13 oz.) can evaporated milk

Put all ingredients except evaporated milk in crock pot. Cover and cook on low 10 to 12 hours or on high 3 to 4 hours. Stir in milk during last hour.

964667 -- MUSIC CITY BEER CHEESE

20 oz. extra sharp cheese
2 cloves garlic
7 oz. bottle beer
1/8 tsp. salt
Hot sauce to taste

Grate cheese and garlic. Add remaining ingredients; mix well until blended real good. The mixture will be soft. Will harden in the refrigerator. Serve with crackers, celery sticks, etc.

964668 -- CREAMED ONIONS

3 pts. pearl onions, peeled
3 tbsp. butter or margarine
3 tbsp. flour
2 c. milk
1/2 tsp. salt
1/4 tsp. white pepper

1/8 tsp. freshly grated nutmeg (or
ground)
1/4 c. chopped fresh parsley (or
dried)

Bring 4 quarts salted water to boil in large saucepan. Add onions and cook until tender, 7 to 10 minutes, drain. Melt butter in large saucepan over low heat. Add flour and cook 2 minutes. Increase heat, gradually whisk in milk. Bring to boil, reduce heat and simmer until thickened, 5 minutes. Season with salt, pepper and nutmeg. (Can be made ahead. Cover and refrigerate sauce and onions separately up to 24 hours. Reheat sauce over low heat. Stir in onions and parsley; heat through. Preheat broiler. Pour onions into flame-proof casserole dish. Broil about 4 minutes, until onions are bubbly and lightly browned. Makes 10 servings.

964669 -- AMBROSIA DELUXE

1 (11 oz.) can mandarin oranges,
drained
1 (20 oz.) can pineapple chunks,
drained
1/3 c. shredded coconut
1/2 c. miniature marshmallows
1/2 c. plain low-fat yogurt

Mix ingredients well. Refrigerate for several hours before serving. Garnish with mint leaves or Maraschino cherries. Makes 6 portions, 1/2 cup.

964671 -- CHEDDAR - POTATO BROCCOLI SOUP

1 tbsp. butter
1 c. onion, chopped
1 1/2 lbs. potatoes, chopped into 3/4
inch cubes
2 1/2 c. boiling water
2 chicken bouillon cubes
1 (10 oz.) pkg. frozen broccoli,
thawed & cut
1 (6 oz.) pkg. shredded Cheddar cheese

In a 3 quart saucepan, melt butter. Add potatoes, water, bouillon cubes. Cover and bring to a boil, reduce heat to medium. Cook just until potatoes are tender. Remove one cup of potato cubes with a slotted spoon; set aside. Pour contents of saucepan into electric blender; blend until smooth then return to saucepan. Mix in reserved potatoes and broccoli. Heat on medium-low. Gradually add cheese, stirring until cheese melts.

964672 -- POTATO SOUP (WITH DRY RIVELS)

4 med. sized potatoes
1 1/2 qts. water
2 tbsp. butter or margarine
Salt
1/2 c. flour
1 egg
1/4 c. milk
1/2 c. cream

Cook diced potatoes in salt water until soft. Add margarine. To make rivels, rub egg and flour together, then add milk. These are best made by cutting through mixture with 2 forks. Drop rivels into boiling potatoes, stirring to prevent packing together. Cook 5 minutes with kettle covered. Add 1/2 cup cream. Garnish with pieces of crisp bacon. Makes about 4 servings.

964673 -- MARTIN STEW

1 1/2 qts. water
2 1/2 c. macaroni
1 1/2 lbs. ground beef
1 onion, chopped
1 qt. tomato juice
Salt & pepper to taste
2 c. frozen peas

Bring 1 1/2 quart water to boil in large kettle. Add macaroni. Brown ground beef and onion. When redness is gone, add meat to macaroni. Add tomato juice and salt and pepper to taste. Simmer 1/2 hour. Just before serving add 2 cups frozen peas. Cook a few minutes and serve. Serves 6 to 8.

964674 -- POTATO SOUP

1 med. potato per person
1 sm. onion, diced
3 stalks celery, diced or sliced
Bacon, crumbled
Parsley
1/4 stick margarine
1 to 2 qts. milk

Cook potatoes, onion, celery in slightly salted water until just tender. Drain. Add milk to cover and a little more for broth. Add margarine, parsley to taste, bacon and salt and pepper to taste. Heat until warm thru and thru. Great served with grilled cheese sandwiches.

964675 -- CREAM OF BROCCOLI SOUP

1 (10 oz.) frozen chopped broccoli
1 tbsp. onion, finely chopped
1/4 c. flour
3 c. vegetable cooking liquid with
 milk
1 tbsp. butter
1 1/2 tsp. salt

Cook broccoli according to package directions, add onion. Drain; save liquid. Mix flour with part of milk mixture until smooth. Add remaining liquid to broccoli. Stir in flour mixture, butter and seasonings. Cook over moderate heat, stirring occasionally, until soup thickens and flavors are blended. Serves 6.

964676 -- LIMA BEAN SOUP

1 carrot, sliced
1 lg. onion, chopped
1 tbsp. vegetable oil
1 (14 1/2 oz.) can stewed tomatoes
2 c. bean cooking liquid
2 c. cabbage, chopped
1 tsp. salt
1/4 tsp. pepper
1 1/2 c. cooked lima beans
1/4 c. parsley, chopped

Saute carrot and onion in oil in medium sized saucepan to tender crisp. Add tomatoes, beans, cooking liquid, cabbage, salt and pepper. Bring to boil. Cover, simmer for 10 minutes. Add lima beans and parsley. Heat. Makes 4 servings.

964677 -- KINGS ARMS TAVERN CREAM OF PEANUT SOUP

1 med. onion, chopped
2 ribs celery, chopped
1/4 c. butter
3 tbsp. flour
2 qts. chicken stock or broth
2 c. smooth peanut butter
1 3/4 c. light cream
Peanuts, chopped

Saute onion and celery in butter until soft but not brown. Stir in flour until well blended. Add chicken broth, stirring constantly, bringing to a boil. Remove from heat and put into blender and blend until smooth. Then add peanut butter and cream. Stir thoroughly. Return to low heat, do not boil.

964678 -- ONION SOUP

4 lg. onions
1 tbsp. butter
1 tbsp. oil
1 tbsp. sugar
2 tbsp. flour
6 c. beef broth (2 cans Campbell's
beef bouillon; make remainder with
beef
bouillon pkg.
1/4 c. white wine
Salt & pepper to taste
Mozzarella cheese
French bread or croutons

Cook onions and butter or oil over low heat until brown, 15 minutes. Then increase heat and add sugar and flour. Place in crockpot with the beef broth and cook or simmer several hours. Add wine 1 hour before serving. Place croutons in each bowl. Add soup and top with Mozzarella cheese. Place under broiler until cheese melts.

964679 -- CREAM OF BROCCOLI SOUP

1 1/2 lbs. broccoli, cut up
3/4 c. celery, chopped
1/2 c. onion, chopped
2 c. water
2 tbsp. butter
2 tbsp. flour
2 1/2 c. water
1 chicken bouillon
3/4 tsp. salt
1/8 tsp. pepper
Dash of nutmeg
1/2 c. whipping cream

Cook broccoli, celery and onion in 2 cups water until tender, about 10 minutes. Do not drain. Put in blender or food processor until good consistency. Set aside. Melt butter in saucepan. Stir in flour. Stir until mixture is bubbly. Add broccoli mixture and bouillon, salt, pepper and nutmeg. Heat to a boil. Add cream.

964680 -- GOLDEN CHEESE SOUP

1/3 c. carrots, grated
1/3 c. celery, chopped
2 tbsp. onion, chopped
3 tbsp. butter
1/4 c. flour
2 c. milk
1 (14 oz.) can chicken broth
1 1/4 c. cheese, shredded

Cook carrots, celery and onion until tender in 1 cup boiling salted water. Do not drain. Melt butter in double boiler; blend in flour. Add milk, cook stirring constantly until thick. Add broth, cheese and vegetables with liquid. Stir over low heat until cheese melts.

964682 -- CARROT ORANGE SOUP

1 lb. carrots
3 or 4 c. chicken stock
1 bay leaf
1 orange (juice and zest)
Sour cream
Chopped chives

Peel carrots. Cut in small pieces. Add small amount chicken stock and bay leaf. Microwave on high for 10 to 15 minutes or cook on stove top until tender. Meanwhile remove orange skin, zest (not white part) and cut in small pieces. Juice orange. Set aside, when carrots tender, remove bay leaf. In blender or food processor puree carrots, orange juice and zest. Add chicken stock to carrot and orange mixture. Heat. Serve hot with dollop of sour cream and sprinkled with chopped chives.

964682 -- CARROT ORANGE SOUP

1 lb. carrots
3 or 4 c. chicken stock
1 bay leaf
1 orange (juice and zest)
Sour cream
Chopped chives

Peel carrots. Cut in small pieces. Add small amount chicken stock and bay leaf. Microwave on high for 10 to 15 minutes or cook on stove top until tender. Meanwhile remove orange skin, zest (not white part) and cut in small pieces. Juice orange. Set aside, when carrots tender, remove bay leaf. In blender or

food processor puree carrots, orange juice and zest. Add chicken stock to carrot and orange mixture. Heat. Serve hot with dollop of sour cream and sprinkled with chopped chives.

964683 -- CHEESE CLAM CHOWDER (BOB'S FAVORITE)

1 pkg. Ore Ida potatoes O'Brian (1 lb.
8 oz.)
3 cans chicken broth (Campbells
undiluted or fresh, fresh is best)
3 tbsp. cornstarch (5 tbsp. for
thicker)
1 qt. half and half
1 tsp. salt
2 c. cubed Velveeta cheese
6 tbsp. parsley
4 tbsp. salted butter
Bacon bits if desired
2 cans (10 oz.) baby whole clams
(reserve broth)
1/2 tsp. sugar
1 tsp. thyme
1 tbsp. Worcestershire sauce
1 c. chopped celery

Boil potatoes 10 minutes in chicken broth. Add cornstarch which should be thinned with a little half and half. Rinse clams and be sure they are free from grit. Reserve broth to add with all the rest of ingredients. Bring to a boil. (DO NOT BOIL) add bacon bits if desired.

964684 -- CLAM CHOWDER

1 c. onion, finely chopped
1 c. celery, finely diced
2 c. potatoes, finely diced
2 cans (6 1/2 oz. each) chopped
clams, undrained
3/4 c. butter or margarine
3/4 c. flour
1 qt. half and half
1 1/2 tsp. salt
1/4 tsp. pepper

(Note: When in a hurry I have used a package of frozen O'Brien potatoes in place of vegetables.) Combine vegetables in small saucepan. Drain clams; pour juice over vegetables; add enough water to barely cover. Cook uncovered until tender about 15 minutes. In meantime, melt butter in large, heavy saucepan. Stir in flour until blended and bubbly. Remove from heat; stir in cream until smooth and blended. Return to heat; cook and stir with wire whip until thick

and smooth. Add undrained vegetables and clams; heat through. Season with salt and pepper.

964685 -- GAZPACHO

1 clove garlic
3 lbs. tomatoes, very ripe
2 med. cucumbers, peeled and chopped
1/2 c. minced green pepper
1/2 c. minced onion
2 c. tomato juice
1/3 c. olive oil
Dash of Tabasco
3 tbsp. vinegar
Salt and pepper

Rub a large bowl with a cut garlic clove. Peel tomatoes, remove cores and chop into small pieces. Prepare cucumbers, pepper and onion. Add to tomato juice, then add oil, vinegar, plenty of salt and pepper. Let all ingredients rest in bowl and chill for several hours.

964686 -- HEARTY TURNIP ONION SOUP

4 med. white turnips, grated
8 tbsp. butter
8 med. onions, sliced
8 tbsp. flour
6 to 8 c. beef stock
2 c. water, optional
Salt
Freshly ground pepper
8 slices French bread, toasted
1 c. grated Parmesan cheese

Place grated turnips in a pot covered with water. Bring to boil 1 to 3 minutes. Drain. Dry turnips with paper towel. Melt 4 tablespoons butter in large heavy pan. Add onions and cook over medium heat until rich brown. Add turnips and continue cooking until turnips light brown and onions caramelized to nutty color. Stir in flour, tablespoon at a time. Taste beef stock; if strong or salty use less and dilute with water. Add beef stock and water and stir until boils. Then simmer 30 minutes. Salt and pepper if desired. Sprinkle toasted bread with Parmesan cheese and broil to slightly brown. Ladle soup into bowls over toasted bread or top with bread. Can be made ahead and best to do so the house doesn't smell. Freezes well also.

964687 -- ITALIAN SAUSAGE SOUP

1 1/2 lb. mild Italian sausage cut in
1/2 inch lengths
2 cloves minced garlic
28 oz. can Italian style pear tomatoes
3 cans (14 oz. each) regular strength
beef broth
1 1/2 c. dry red wine
1/2 tsp. crumbled basil leaves
3 tbsp. chopped parsley
1 med. green pepper
2 med. zucchini sliced 1/4 inch thick
3 c. uncooked bowtie noodles
Parmesan cheese to taste
pepper to taste
1 lg. onion (diced)

In 5 quart or larger dutch oven cook sausage over medium heat until lightly browned. Drain fat. Add garlic and onion, cook until limp. Stir in tomatoes including liquid. Add broth, wine and basil. Simmer uncovered for 30 minutes. Cook and chill remove fat. Return to fire and add rest of ingredients (parsley, pepper, to taste, zucchini and noodles). Simmer covered about 25 minutes. Serve with Parmesan cheese on top.

964688 -- LENTIL SOUP

3 tbsp. olive oil
2 c. chopped onion
1 c. sliced celery
1/2 c. quarter carrots, thinly sliced
6 c. water
1 c. dry lentils
1 can (6 oz. 2/3 c.) tomato paste)
1/2 c. dry red wine
1/4 c. minced parsley
3 sm. vegetable. Bouillon cubes
1 tsp. salt, optional
1/2 tsp. Worcestershire sauce
1/4 tsp. black pepper
Shredded or grated Parmesan cheese,
optional

In large dutch oven or heavy saucepan, heat oil. Saute onion, celery and carrots until tender. Stir in water, lentils, tomato paste, wine, parsley, bouillon cubes, salt, Worcestershire sauce and pepper. Bring to boil; reduce heat and simmer, uncovered, 45 to 50 minutes or until lentils are tender. Serve sprinkled with Parmesan cheese if desired. Makes 6 (1 1/4) cup servings. Heartsafe recipe, 257 calories per serving.

964689 -- LENTIL SOUP

Prepare in crock pot 3 lg. cans no fat chicken broth

No fat chicken broth

1 c. lentils

1 lg. onion, chopped

1 med. can no salt V8 juice.

Oil canola or margarine

6 to 8 cocktail beef franks

Pieces of celery and carrots, optional

Garlic powder

2 bay leaves

3 cloves, sage

coarse ground pepper

6 allspice, whole

Salt substitute

Celery seed

Wash and drain lentils. Simmer on low with chicken broth and spice bag (cheese cloth) for several hours. Lightly brown onion and celery in canola oil. Add carrots to pot and simmer another hour, remove spice bag. Add V8 juice and small hot dogs. Simmer another 1/2 hour. Serve with garlic, Parmesan flat bread or corn bread and salad.

964690 -- MINESTRONE

1 lb. shin beef with bone

5 qt. water, cold

3 tbsp. salt

1 c. dried red kidney beans

2 tbsp. olive oil

2 cloves, garlic

1 minced med. onion

1/2 c. snipped parsley

1/2 lb. lean ground beef

1/4 tsp. pepper

1 c. diced celery

2 c. finely shredded cabbage

1 1/2 c. diced carrots

1 #2 1/2 can tomatoes

1 1/2 c. broken spaghetti

1 c. thinly sliced zucchini

Day before: In large kettle, place shin beef with bone, salt, beans. Bring to a boil; skim. Cover, simmer 3 hours. In oil, saute garlic, onion parsley, ground beef and pepper until onion is tender; discard garlic. Remove bone from soup; cut off meat. Add meat to soup, along with onion mixture, celery, cabbage, carrots, tomatoes. Simmer covered 20 minutes or until vegetables are tender. Refrigerate. About 30 minutes before serving: skim fat from soup. Bring soup to a boil, add spaghetti, zucchini. Cook covered about 10 minutes. Add salt and pepper to taste. Top soup with cheese. Serves 8. Croddy

964691 -- NEW YEAR'S DAY GOOD LUCK SOUP

2 c. of bean mixture (13 bean mix, 1
pkg.)
Ham, or hocks or bacon
1 lg. onion
1 lg. can tomatoes
1 clove garlic
Juice of 1 lemon
Salt and pepper to taste

Wash beans, cover with water. Soak overnight. Put beans in 2 quarts of water. Add ham hocks, bacon or ham. Cut large onion in lengths. Let simmer 2 1/2 to 3 hours. Add tomatoes, garlic clove, juice of lemon. Salt and pepper to taste. Simmer. Makes (6) large bowls. Delicious!

964692 -- PEANUT SOUP

1 med. onion, chopped
1 lg. clove onion, minced
1 tbsp. margarine
1 (16 oz.) can tomatoes (broken)
2 c. water
1 1/2 c. peanut butter
1 (13 oz.) can evaporated milk
1/2 tsp. each salt and pepper
Dash cayenne or hot pepper sauce
1 tbsp. minced parsley

In 3 quart saucepan over medium heat, saute onion, garlic in margarine until tender. Stir in tomatoes, water, peanut butter. Bring to boil, reduce heat. Cover and simmer for 5 minutes. Stir in milk, salt and pepper. Cook stirring occasionally about 10 minutes until soup thickens. If thinner soup desired, add milk. Serves 4. (Good with spinach salad and rye bread).

964693 -- VICHYSSOISE

1 lg. onion, sliced very thin
4 med. potatoes, sliced very thin
1 stalk of celery, chopped
2 tsp. margarine or butter
2 c. of chicken broth
1/2 tsp. salt
1/2 tsp. pepper
1 tsp. dry parsley or 1/4 c. of fresh

1/4 tsp. marjoram
1/4 tsp. thyme
1 c. of half and half

Simmer until potatoes are soft and blended. Stir in: 1 cup of white sauce and simmer another 10 minutes. Stirring constantly. Serve hot or cold.

964694 -- SPINACH EGG DROP SOUP

6 c. vegetable or chicken broth
1 pkg. (10 oz.) frozen chopped spinach
2 lg. eggs
2 tbsp. grated Parmesan cheese
1/3 tsp. ground nutmeg

Put broth and frozen spinach in a 4 quart pot. Bring to a simmer, breaking up spinach, until completely thawed. In a small bowl beat eggs, cheese and nutmeg with fork until well blended. Bring soup to a rapid boil. Slowly stir in egg mixture. Cook 1 to 2 minutes until eggs look like little shreds and are fully cooked. Makes 4 servings.

964695 -- STRAWBERRY AND PEACH SOUP

4 c. sliced strawberries
1/2 c. sugar
Pinch of salt
2 tbsp. lemon juice
1/2 c. yogurt plain
1/2 c. heavy cream
1 1/2 c. weak tea or water
1/2 c. white wine

Puree' strawberries until smooth. Add remaining ingredients and chill. Garnish with whole berries. Wonderful and cool on a summers day.

964696 -- TIN CUP CREAMY CHEESE SOUP

2 c. thinly sliced onions
1/2 c. butter
1/4 c. flour
1 tsp. salt
1/2 tsp. white pepper
1 1/2 tsp. Beau Monde
2 c. milk
6 slices Swiss cheese

6 slices French bread
2 c. soup stock, or French Onion soup
Grated Monterey Jack cheese

Saute onions in butter until transparent. Blend in flour and seasonings. Stir until bubbly; remove from heat. Gradually stir in milk and soup stock. Bring to boil stirring constantly. When ready to serve, sprinkle grated cheese over bowl; put in slice of bread and cover with Swiss cheese. Broil one minute until cheese melts. This recipe comes from the general store and cafe atop of Tin Cup Pass, Colorado.

964697 -- ASPARAGUS CHEESE SOUP

1/4 c. butter
1/4 c. flour
1 tbsp. salt
1/8 tsp. nutmeg
1/8 tsp. pepper
6 c. milk
2 (10 oz.) pkgs. frozen asparagus,
cooked, chopped, with cooking
water reserved.
3 c. shredded Cheddar cheese

Melt butter; blend in flour and seasonings. Remove from heat and stir in milk. Return to heat, stirring constantly, until thickened. Add asparagus and cooking water; heat to simmering. Remove from heat and stir in cheese until melted. Garnish with paprika, if desired.

964698 -- CLAM CHOWDER

2 slices bacon
1 med. onion, chopped
2 med. potatoes, peeled and cubed
1 1/2 tsp. salt
1 tsp. pepper
1 1/2 c. water
2 (10 oz.) cans clams
2 tbsp. butter
2 c. milk

Chop bacon; fry until almost crisp. Add onion; saute'. Add potatoes, salt, pepper and water. Cook for 10 minutes over medium heat. Drain clams, reserving liquid; chop clams. Add clams, clam liquid butter and milk to potato mixture. Heat to serve temperature, but do not boil. Yield: 4 servings.

964699 -- MINESTRONE SOUP

1 lb. ground chuck
1 tsp. minced garlic
1 tsp. oregano
4 carrots
1 stalk celery
1/2 sm. onion, diced (optional)
1 lg. can tomatoes
1 can beef broth
1 can chicken broth
2 cans water
1 bay leaf
1 can kidney beans
1 pkg. frozen beans
1 pkg. frozen peas
Broken up spaghetti

Brown ground chuck and add next 10 ingredients, cover and simmer for 2 hours. Add kidney beans, frozen beans, peas and simmer 45 minutes. Add broken spaghetti for the last 20 minutes.

964701 -- ACORN SQUASH & APPLE SOUP

2 med. acorn squash, seeded & halved
3 c. degreased chicken stock or canned
2 tart green apples (2 c. cored,
seeded & chopped)
1/2 c. chopped onion
1 c. unsweetened apple juice
2 tsp. fresh ginger root, peeled &
grated
1/2 tsp. salt (omit if using canned
stock)
1 tbsp. fresh lemon juice
White pepper to taste
Yogurt or sour cream & chives
(garnish)

Cook squash, remove pulp. Combine 1/2 cup stock, apples and onion in heavy medium saucepan. Cover and cook over low heat for 10 minutes. Add squash pulp, remaining stock, apple juice, ginger and salt. Cover and simmer until ingredients are very tender, about 20 minutes. Puree soup in batches in blender or processor. Strain through sieve into clean saucepan, pressing puree with back of spoon. Reheat soup gently. Season with salt and generous amount of pepper. Ladle into bowls. Garnish with yogurt or sour cream and chives.

964702 -- CREAM OF ALMOND SOUP

2/3 c. blanched almonds
2 tbsp. butter
2 tbsp. flour
1 1/2 c. chicken broth
2 c. half & half
Salt to taste
Pepper to taste
1/4 c. heavy cream

Chop or crush almonds finely. Combine with heavy cream in a small bowl. Heat butter in a medium-size saucepan. Add flour and cook slowly, stirring for 2 minutes. Gradually add chicken broth, stirring and cooking slowly, until thickened and smooth. Add half and half, salt and pepper and heat through. Mix in almonds and heavy cream just before serving. Serves 4.

964703 -- BROCCOLI CHEESE SOUP

2 tsp. oleo or oil
2 tbsp. onion
1 1/2 c. water
1 chicken bouillon cube
1/2 c. potatoes
1/8 tsp. salt
1 1/2 c. broccoli, cook 4 minutes
Dash of garlic
1 1/2 c. milk
1/4 lb. cut up Velveeta

Saute chopped onion in oleo or oil. Add water and bouillon. Heat to boiling, stirring until dissolved. Add potatoes and salt, cook until potatoes are soft, then mash them in pan. Add cooked broccoli, garlic and milk. Heat. Add cheese, stirring until melted. You may add pepper to taste.

964704 -- BUSY DAY POTATO SOUP

4 potatoes
1 qt. milk (4 c.)
1/2 to 1 diced onion
4 tbsp. margarine
1 tsp. salt
1 tbsp. (heaping) flour
Dash of pepper

Cut potatoes into small pieces and cook in salted water, with the onion. In a heavy pan melt the margarine over low heat. Stir in flour and cook until bubbly. Slowly add half of the milk. Add hot, cooked potatoes and onion mixture. Use an "old-timers" potato masher to break up potatoes a little bit. Add the rest of the milk and the salt and pepper. Cook over medium heat until

hot. If it is not thick enough, shake 1 tablespoon of flour with 1/2 cup cold milk and add to the soup, stir frequently, garnish with a sprinkle of dried parsley. MMMM - Good! Serves 4. The guys love it! Serve with crackers and butter.

964705 -- BASQUE FISH SOUP

1 lg. onion, chopped (1 c.)
1/2 c. chopped celery with leaves
1 lg. clove garlic, crushed
2 tbsp. butter or margarine
2 cans (16 oz. each) tomatoes cut up
1/2 c. dry white wine
1/2 c. minced parsley
1 tsp. salt
1/4 tsp. each pepper and thyme
1 pkg. (1b.) frozen fish fillets,
thawed or part and cut 1 inch
chunks.

In large saucepan saute' onion,
celery, and garlic in butter until
tender.

Stir in tomatoes, wine, parsley,
salt, pepper and thyme. Cover and
simmer

30 minutes. At this point,
refrigerate or freeze, if desired.
Or add fish

and simmer 7 to 10 minutes or until
fish is opaque and flakes easily
with

fork. Makes 4 to 6 servings or 1
package frozen raw shrimp (12
ounces)

may be used instead of fish.

964706 -- HAMBURGER NOODLE SOUP

1 lb. ground beef
1 onion
1 carrot
2 stalks celery
1 tsp. time
1 tbsp. parsley
1 oz. tomato puree
1 lb. can tomatoes

Noodles as wanted
Nutmeg

Combine meat and next five ingredients. Cook 25 to 30 minutes. Add tomato puree and tomatoes. Cook 10 minutes. Add noodles. Cook until soft. Sprinkle nutmeg on each serving. Homemade noodles are best.

964707 -- MOM'S FRENCH ONION SOUP

4 lg. onions, thinly sliced
4 tbsp. butter or margarine
4 (10 1/2 oz.) cans beef broth
1/2 c. dry sherry
2 tsp. Worcestershire sauce
Dash pepper
6 slices French bread
1/2 inch thick and toasted
3/4 c. grated Parmesan cheese
6 slices Swiss or Gruyere cheese

Preheat oven to 375 degrees. In large saucepan, saute onions in butter or margarine until translucent about 20 minutes. Add beef broth, sherry, Worcestershire sauce and pepper. Pour into 6 oven proof bowls. In each bowl layer the following: First French bread slice, Second Parmesan cheese (1/6), Third Swiss cheese slice Bake at 15 to 20 minutes, cheese should be slightly brown and bubbling.

964708 -- BEEF BARLEY CHEESE SOUP

1/2 lb. ground beef
2 1/2 c. cold water
1 can Italian style stewed tomatoes,
cut up
2 lg. sliced carrots
1/2 c. sliced mushrooms
1/2 c. quick barley, uncooked
1 tsp. dried oregano
Salt and pepper
1/2 lb. Velveeta cheese, cubed

Brown meat in saucepan; drain. Transfer to large pot and add water, tomatoes, carrots, mushrooms, barley and oregano. Bring to boil; reduce heat. Cover; simmer 10 minutes or until barley and carrots are tender. Season to taste. Stir in cheese until melted.

964709 -- TOMATO SOUP WITH MOZZARELLA

1/4 c. olive oil
2 med. onions, chopped
5 to 6 med. tomatoes, peeled
1 sm. clove garlic, minced
1 med. beet, peeled & sliced
1/2 tsp. salt
1/2 tsp. pepper
2 tbsp. lemon juice
3 to 4 drops Tabasco sauce
1 tbsp. white vinegar
1/4 lb. Mozzarella cheese
1/4 tsp. basil

Heat olive oil and onions in medium saucepan. Quarter tomatoes and add to saucepan along with garlic and beet. Season with salt, pepper and basil. Reduce heat to low and cook 45 minutes. Discard beets and transfer to food processor, puree until smooth. Before serving, season with lemon juice, Tabasco sauce and vinegar, then add 1/2 inch cubes of Mozzarella cheese.

964710 -- MINESTRONE

1 (6 oz.) can tomato paste
1/2 c. onion, chopped
1/2 c. celery, chopped
1 clove garlic, finely chopped
2 tbsp. vegetable oil
1 (16 oz.) can whole tomatoes,
undrained
2 c. water
1 c. green cabbage, shredded
2 med. carrots, pared & sliced
3/4 tsp. basil
1 bay leaf
1/4 tsp. oregano/salt
1/8 tsp. pepper
1/2 c. ditalini
1 (16 oz.) can cannellini beans,
undrained

Saute onion, celery and garlic in oil in large saucepan for 3 minutes or until onion softens. Stir in tomatoes. Break up chunks with spoon. Add water, paste, cabbage, carrot, basil, bay leaf, oregano, salt and pepper. Bring to a boil. Cover. Lower heat and simmer for 25 minutes. Add macaroni. Simmer, covered, for 20 minutes. Stir in beans with liquid. Cook, covered, for 10 minutes or until vegetables and macaroni are tender. Discard bay leaf. Soup is thick.

964711 -- TONY'S MINESTRONE

1 tbsp. olive oil
 1/2 c. bacon, chopped
 1 clove garlic, chopped
 1/2 c. onion, chopped
 1/2 c. tomato, chopped
 1 tsp. parsley, chopped
 1 tsp. sage, chopped
 1 tsp. salt
 1/2 tsp. pepper
 1/2 tsp. rosemary, chopped
 1 tbsp. tomato paste
 3 stalks celery, chopped
 2 carrots, sliced
 4 to 5 fresh basil leaves, chopped
 2 potatoes, diced
 1 can red kidney beans
 1/4 sm. cabbage, shredded
 2 zucchini, diced
 1 c. shelled peas or frozen
 1/2 c. mushrooms, sliced
 1 1/2 qts. College Inn chicken stock
 4 tbsp. Romano cheese
 1 tbsp. hot sauce
 1 c. macaroni or any hard pasta
 1 c. red wine

Place olive oil in a large soup pot. Add bacon, garlic, onion, parsley, sage, salt and pepper and brown a little. Add tomato paste, diluted in 1 cup red wine. Cook 5 minutes. Add all vegetables and 1 1/2 quarts of the stock and cook slowly 45 minutes. Add pasta and cook 10 minutes longer. Sprinkle soup with Romano cheese. Serves about 5 or 7.

964712 -- BEANS AND SAUERKRAUT SOUP

1 lb. cranberry beans
 1 lg. can sauerkraut
 1 med. onion
 1 clove garlic
 1 tbsp. oil
 1 heaping tbsp. flour
 Salt to taste

Soak beans overnight. Cook in approximately 3 quarts of water until tender (3 hours). Add sauerkraut and simmer 1/2 hour. Add flour and oil and brown lightly in skillet with onion and garlic (chop fine). Add to beans and sauerkraut. (For a richer soup, add ham bone or Kielbasi to beans and cook together.) For a fast soup use canned red beans.

964713 -- CARAT SOUP

1 tbsp. butter
1 sm. onion, coarsely chopped (1/4 c.)
1/2 lb. carrots, pared and sliced
3/4 lb. potatoes, pared and sliced
3 c. degreased clear chicken broth
1 c. half and half
Salt and pepper to taste
Minced, plain or garlic chives

In a 3-quart saucepan over low heat, melt the butter; add the onion and cook, stirring for several minutes. Add the carrots, potatoes and broth. Simmer, covered, until vegetables are soft, about 30 minutes. Cool enough to use in electric blender, whirl (in two batches) until smooth. Return to saucepan; stir in the half and half, salt and pepper. Reheat. Sprinkle each serving generously with the chives. Makes 5 cups. Beautifully smooth, delicate in flavor and a lovely color. As good as gold!

964714 -- CREAM OF POTATO SOUP

6 c. potatoes, diced
1 c. carrots, diced
1 c. onions, chopped
1 c. celery, chopped
1 1/2 tsp. salt
1/4 tsp. pepper
4 c. milk
1/4 stick margarine

Cook vegetables together in a small amount of water, just to cover vegetables. Add salt, pepper, milk, and margarine. Simmer 30 minutes.

964715 -- DRUNKEN BEAN SOUP

1 (16 oz.) pkg. dried pinto beans (2
1/2 c.)
3 c. water
1 slice bacon, cut into 1 inch pieces
2 tsp. sugar
2 tsp. salt
2 (12 oz.) cans beer
1 c. roast beef, shredded
2 tsp. chili powder
1 tsp. ground cumin
1/4 tsp. garlic powder
1 (10 oz.) can tomatoes and green
chiles, drained

Sort and wash beans; place in Dutch oven. Cover with water 2 inches above beans. Cover and let soak 8 hours. Drain beans and return to Dutch oven. Add 3 cups water to beans, bring to a boil. Add bacon, sugar and salt; cover, reduce heat and simmer 30 minutes. Stir in beer, beef, chili powder, cumin and garlic powder. Cover and simmer 1 hour, stirring occasionally. Stir in tomatoes and green chiles. Cover and simmer an additional 30 minutes.

964716 -- DUTCH STYLE SOUP

1 (1 7/8 oz.) can chicken noodle dry
soup mix
3 c. boiling water
1/2 c. whole corn

In saucepan, stir soup into water; add corn. Partially cover; simmer 7 minutes, stirring now and then. Makes 3 to 4 servings.

964717 -- LILLIAN'S BEAN AND BARLEY SOUP

1 1/2 lb. ham pieces
4 to 5 qts. water
1 med. onion
6 stalks celery
2 carrots
1/2 lb. white navy beans
1 1/2 c. barley
Salt and pepper

In large pot, put ham, water, onion, celery, carrots, and navy beans. Cook 2 to 3 hours. Add barley and cook another 2 hours.

964718 -- LITHUANIAN POTATO SOUP

1 1/2 c. bacon, diced
3 c. (3/4 lb.) peeled potatoes, cubed
1/2 c. onion, cubed
1/4 c. fresh marjoram
3 c. beef stock
3/4 c. carrots, cubed
3/4 c. celery, cubed
1/2 c. leeks, chopped
1 c. heavy cream
Salt and pepper to taste

In a little bit of butter, saute the bacon in a stock pot. Add the potatoes, onions, marjoram, and beef stock and cook over low heat about 25 minutes. At the end of that time, add the carrots, celery and leeks and simmer for an additional 10 minutes. Transfer ingredients to a food processor and process to a satiny consistency. Return ingredients to stock pot and add heavy cream. Cook about 5 more minutes over low heat. Season to taste. Garnish with parsley and serve immediately. Serves 6.

964719 -- MUSHROOM SOUP

2 lbs. fresh mushrooms
3 c. potatoes, diced
1 1/2 c. carrots, sliced
1 clove garlic (optional)
1 tbsp. onion, minced
1 tbsp. parsley, chopped
Salt and pepper to taste
1/4 c. oil for roux
4 to 5 tbsp. flour for roux

Place carrots and potatoes in approximately 4 quarts of water. When partially cooked, add sliced mushrooms, parsley, and onion, cook until tender. Make a roux of approximately 4 to 5 tablespoons flour, 1/4 cup oil, lightly brown in frying pan and slowly mix into soup broth. Add more water if too thick. For a richer soup, use chicken or beef broth.

964720 -- SAUSAGE SOUP

1/2 lb. Italian sausage
1 med. onion
1 jar tomatoes
1 can beef broth
1 (8 oz.) can tomato sauce
1 med. green pepper
3/4 c. picante sauce
1 tsp. basil leaves
1/2 tsp. oregano
1/2 c. canned white beans (optional)
1 pkg. Tortellini's

Brown sausage, add onions, and cook until tender. Drain sausage. Add remaining ingredients, cook for 1 hour.

964721 -- SPLIT PEA SOUP

8 c. water
1 lb. (2 1/4 c.) dried split peas
2 lbs. smoked ham
1 med. (1/2 c.) onion, chopped
1 tsp. salt
1/4 tsp. pepper
2 med. (1 c.) carrots, cut into 1/2
inch pieces
2 med. (1 c.) stalks celery, cut into
1/2 inch pieces

Heat water and peas to boiling in Dutch oven; boil 2 minutes. Remove from heat; cover and let stand one hour. Stir ham, onion, salt, and pepper into peas. Heat to boiling; reduce heat. Cover and simmer until peas are tender, about one hour. Skim fat if necessary. Remove ham, trim fat and bone from ham. Cut ham into 1/2 inch pieces (about 4 cups). Stir ham, carrots, and celery into soup. Heat to boiling, reduce heat. Cover and simmer until vegetables are tender, about 45 minutes. Makes 8 servings, about 1 1/2 cups each.

964722 -- VEGETABLE SOUP

1 lb. beef, cut bite size
1 soup bone
3 1/2 qts. cold water
2 1/2 tbsp. salt (or to taste)
1 clove garlic, minced
1/2 c. onion, chopped
4 tbsp. parsley, minced
1/8 tsp. pepper
1 c. whole (or cut up) green beans
3/4 c. celery, diced
2/3 c. shelled peas
2 c. green cabbage, shredded
1 c. carrots, diced
1 (No. 2) can tomatoes (2 1/2 c.)

Combine beef, water, and 2 tablespoons salt. Cover; bring to boil and skim off any scum that rises to the top. Re-cover and simmer 4 hours. Add remaining ingredients except 2 tablespoons minced parsley. Cover and simmer 30 minutes. Sprinkle with remaining parsley. Serves 8 to 10.

964723 -- CROCK - POT TURKEY SOUP

Carcass, wings & bones of 1 leftover
turkey
2 stalks celery with leaves
2 carrots, cut in chunks
2 bay leaves
1/2 tsp. basil

1/2 tsp. marjoram

Remove all meat from the bones and carcass and refrigerate. Break bones and carcass up into pieces small enough to fit into a 4 or 5 quart crock pot. Add remaining ingredients and 3 quarts of water. Cover and simmer on the low setting for 24 hours. Strain broth, and refrigerate overnight in a clean bowl. Discard vegetables and bones. The next day, remove the fat that has congealed on the surface of the broth. Place in a large kettle and bring slowly to the boil. Add: 1 1/2 c. chopped celery
1 1/2 c. chopped carrots
1/2 c. chopped parsley

Simmer for 15 minutes. Add 3/4 cup parsley and simmer for another 15 minutes or so. Salt and pepper to taste and add 1 cup noodles or other small soup pasta. Simmer until the pasta, barley and vegetables are tender. Add 1 to 2 cups leftover turkey (or however much you need to get rid of) and return to boiling. Makes approximately 3 to 4 quarts and freezes well.

964724 -- CLAM CHOWDER

Finely dice: 1 med. or 2 sm. potatoes
1 med. onion

Cook in lightly-salted water (just enough to cover potatoes, onions) until soft. (Potato mixture can be mashed before adding clams, if desired.) Add 1 flat can of minced or chopped clams with liquid. Bring to boil. Add: Salt & pepper to taste
1 tbsp. butter

Add 1 can (14 ounce) evaporated milk (or evaporated skim milk) and HEAT BUT DON'T BOIL. Serve hot. Serves 2.

964725 -- LAURI'S FISH SOUP

2 tbsp. butter or margarine, melted
1/2 c. onion, chopped
2 cans (10 3/4 oz. each) cream of potato soup, condensed
1 soup can measurement of half & half or milk
1/2 soup can measurement of water
1/2 tsp. salt
1/4 tsp. pepper
2 chicken bouillon cubes
1 can (8 3/4 oz.) cream style corn
1 pkg. Sea Stick Salad Style Fish, thawed*

*I use the crab - lobster blend found at food stores.) 10 ounces any vegetables (spinach, mixed vegetables, etc.). Saute onion in butter. Add rest of ingredients down through the fish and bring to a boil, stirring constantly. Reduce heat and add the 10 ounces of vegetable of your choice. Cook for 10 minutes or until heated thoroughly.

964726 -- EIGHT BEAN SOUP

1 lb. (about 2 1/2 c.) mixtures of
beans (great northern, navy, kidney, pinto, green split pea, black, garbanzo, lentils, black-eyed peas, etc.)
Ham bone or pork bones
1 bay leaf
1 lg. onion, chopped
1 can (16 oz.) tomatoes, cut up
1 tsp. chili powder
Salt & pepper to taste

Rinse beans. Place in large kettle, cover with about 2 quarts water, bring to a boil. Remove from heat, cover and let stand for 1 to 2 hours. Drain off water. Add 2 quarts fresh water (or broth-bouillon), ham or pork bones and bay leaf. Bring to a boil and simmer for 2 to 3 hours. Remove and discard bay leaf. Add onion, tomatoes, chili powder, salt and pepper. Simmer 10 minutes more (or longer). Serves 8.

964727 -- UNITED STATES SENATE BEAN SOUP

1 lb. dry navy beans
1 ham bone with meat

Soak beans overnight in 3 quarts water. Drain. In a large soup pot put ham bone and beans. Add 2 quarts cold water and simmer for 2 hours. Add: 4 c. mashed potatoes, minimum (more makes soup thicker)
3 med. onions, chopped
2 garlic buds, minced
2 stalks celery, chopped
4 tbsp. fresh parsley, chopped
1 tsp. salt
1/4 tsp. pepper

Simmer all for 1 hour more. NOTE: This recipe has been served DAILY in the Senators' restaurant of the Capitol Building for over 100 years! They even passed a law to require this!

964728 -- KIELBASA BEAN SOUP

2 c. water
1 med. potato, peeled & diced
2 carrots, peeled & sliced
1 med. onion, chopped
1/3 c. celery, chopped
8 oz. smoked kielbasa, thinly sliced
1 can (11 1/2 oz.) bean with bacon
 soup, undiluted
Chopped fresh parsley (optional)

In a large saucepan, bring water and vegetables to a boil. Simmer 10 minutes or until vegetables are tender. Add kielbasa and soup. Heat through. Garnish with parsley, if desired. 6 servings.

964729 -- VEGETABLE SOUP

Put beef neck soup bones and small pot roast (1 pound or so) in soup pot and cover with cold water. Add seasonings: 3 or 4 cloves
3 bay leaves
Sm. handful peppercorns
1 tsp. allspice

Simmer 2 hours. Remove cloves, bay leaves and peppercorns. Then clean and slice vegetables and add: 5 to 6 sm. potatoes, cubed
4 lg. carrots
4 stalks celery
2 med. onions, coarsely chopped
1 (1 lb.) pkg. frozen green beans
2 lg. cans (28 oz.) whole tomatoes or
 comparable amt. of homegrown
 tomatoes
Fresh parsley

Simmer 1 hour or until all vegetables are tender. Remove neck bones and meat and shred and return to pot. Add 2 or 3 beef bouillon cubes.

964730 -- HELEN LANGE AUTEN'S CHEESE SOUP

--PART 1:--

4 c. water
2 to 3 stalks celery
1/2 c. onion, chopped
1 box frozen cauliflower
1 pkg. (20 oz.) frozen mixed
 vegetables

--PART 2:--

1 can cream of celery soup
1 lb. Velveeta cheese

PART 1: Boil until all are done. PART 2: Add soup and cheese. Stir until smooth. Heat to serve (DO NOT BOIL). If too thick, add a little water. Serves 8 to 10.

964731 -- CROCK - POT FRENCH ONION SOUP

2 lb. onions (about 5 c. sliced)
1/4 c. butter or margarine
7 c. hot water
8 beef bouillon cubes (or 1 can
consomme & 7 bouillon cubes)
Toasted croutons
Grated Parmesan cheese

Peel onions and slice thin; brown lightly in butter in frying pan. Pour sauteed onion slices into crock pot. Add water, bouillon cubes and consomme. Set cooker on low setting and cook for 7 to 8 hours. Or cook on high 3 to 4 hours. Serve with croutons and Parmesan cheese.

964732 -- CREAM OF CAULIFLOWER SOUP

1 (1 lb.) head cauliflower, broken
into flowerets
1 sm. onion, chopped
1/4 c. water
3 tbsp. butter
1 tbsp. chicken-flavored bouillon
2 c. milk
1/2 tsp. salt
1/4 tsp. ground nutmeg
1/4 tsp. pepper
Cheddar cheese

Cook cauliflower and onion in 1/4 cup water until tender. Smash cauliflower with potato masher, if too lumpy. Add remaining ingredients in saucepan and heat. Sprinkle with cheddar cheese.

964733 -- BARLEY & LENTIL SOUP

3 tbsp. olive oil

2 lg. onions, chopped
4 garlic cloves, chopped
3 carrots, sliced
4 celery stalks, chopped
1 red bell pepper, chopped
8 oil-packed sun-dried tomatoes,
drained & chopped
2 tsp. drained basil, crumbled
1 tsp. dried oregano, crumbled
6 (14 1/2 oz.) cans (about) beef broth
1 (28 oz.) can crushed tomatoes
2 tbsp. tomato paste
1 c. pearl barley
1 c. lentils
Salt & freshly ground black pepper
1/4 c. fresh parsley, chopped
(optional)

Heat oil in heavy 4 quart saucepan over medium-high heat. Add onions and garlic and saute until onions are translucent, about 10 minutes. Add next 6 ingredients. Cook until bell pepper just softens, stirring occasionally, 6 minutes. Mix in 5 cans broth, tomato paste and tomatoes. Bring mixture to boil. Stir in barley and lentils. Reduce heat, simmer until barley and lentils are tender, stirring occasionally, about 1 1/2 hours. Thin soup to desired consistency with remaining broth. Season with salt and pepper. Ladle into soup bowls and garnish with parsley, if desired. 8 servings.

964734 -- POTATO - LEEK SOUP

3 c. leeks & onions
3 tbsp. butter
3 tbsp. flour
4 c. hot water
4 c. potatoes, cubed
1 tbsp. salt
Milk, as desired

Chop leeks and onions together. Cook with butter in large pot. Do not brown onions. This takes 5 to 6 minutes. Add flour and stir 2 minutes. Gradually add water. Add salt and potatoes. Add the greens from leeks. Partially cover and simmer for 30 to 40 minutes. Add milk as desired.

964735 -- HEARTY BACON POTATO CHOWDER

8 slices bacon, cut into 1 inch pieces
2 c. cubed 1/2 inch new red potatoes
1 sm. onion, chopped
8 oz. (1 c.) dairy sour cream
1 1/2 c. milk

1/4 c. celery, finely diced*
1 can (10 3/4 oz.) cream of chicken
soup, condensed
8 oz. can whole kernel corn, drained
1/4 tsp. pepper
1/4 tsp. thyme leaves

In 3 quart saucepan cook bacon over medium heat for 10 minutes. Add potatoes and onions. Continue cooking, stirring occasionally until potatoes are tender (15 to 20 minutes). Add remaining ingredients. Continue cooking, stirring occasionally, until heated through (10 to 12 minutes). (*I cook the celery about 5 minutes in microwave before adding to soup.)

964736 -- BORSCH

3 lbs. beef shank
1 lb. boneless beef brisket
2 qts. water
1 tbsp. salt
1/4 tsp. pepper
4 c. cabbage, shredded
2 c. onion, chopped
1 (28 oz.) can tomatoes, cut-up
1/4 c. lemon juice
1/4 c. snipped parsley
3 tbsp. sugar
2 garlic cloves, minced
1 tsp. paprika
1 bay leaf
1 (16 oz.) can beets, diced
Sour cream

Simmer meat, water, salt and pepper 2 hours, covered. Remove bones. Dice meat and return to broth. Add remaining ingredients to the broth, EXCEPT beets and sour cream. Cover and simmer 1 hour. Add beets. Heat through. Remove bay leaf. Season to taste. Top each serving with a dollop of sour cream. Serves 12 to 14.

964737 -- MANHATTEN SUPPER SOUP

1 lb. ground chuck
2 c. cabbage, coarsely chopped
1 lg. onion, sliced thin
1 stalk celery
2 soup cans water + 1 can condensed
beef broth or 3 bouillon cubes +
30 oz. water
3 carrots, sliced
1 med. potato, cubed

1 tbsp. parsley flakes
1 can tomato paste
1 lb. can tomatoes
1 pkg. frozen peas
2 tsp. salt
1/4 tsp. pepper
1 1/2 tsp. sugar (optional)

Brown meat. Add all ingredients except the peas. Bring to a boil, then simmer 50 minutes uncovered. Add frozen peas. Cover and cook 10 additional minutes. Freezes well.

964738 -- ITALIAN SAUSAGE SOUP

1 lb. Italian sausage, casing removed
1 med. onion, chopped
1 clove garlic, minced
1 (28 oz.) can whole tomatoes
1 (46 oz.) can chicken broth
1/2 lb. escarole, coarsely chopped
1 c. sm. bow pasta
1 can (16 oz.) kidney beans

Brown sausage, breaking it up. Add onion and garlic and saute. Stir in tomatoes with liquid, breaking up tomatoes, and broth. Bring to boil and add escarole, simmer covered 15 minutes. Meanwhile cook pasta, drain. Drain beans. Add both to soup, heat through. Serve 10.

964739 -- HAMBURGER SOUP

1 lb. ground beef (or ground turkey)
5 c. water
1 (16 oz.) can tomatoes, cut up
1 c. carrots, sliced
2 stalks celery, chopped
1/3 c. pearl barley
1/4 c. catsup
1 tbsp. beef bouillon granules
2 tsp. salt
1 tsp. dried basil, crushed
1 bay leaf
Added salt to your taste (optional)
1/4 to 1/2 tsp. pepper

Brown meat. Drain off grease. Add the remaining ingredients. Simmer 1 hour or until vegetables are tender. (Can also be made in crock pot for 4 hours on high power.)

964740 -- AUTUMN SOUP

- 1 lb. lean ground beef or turkey
- 1 c. onion, chopped
- 1 c. carrots, chopped
- 1 c. celery, diced
- 1 c. potatoes, cubed
- 3 c. water or beef stock
- 2 tsp. salt
- 1/4 tsp. pepper
- 1 bay leaf
- 1/8 tsp. basil
- 1 (28 oz.) can tomatoes with liquid
- 1 tsp. brown bouquet sauce (optional)

In large saucepan brown meat, drain off fat. Add onions and cook until tender, about 5 minutes. Stir in remaining ingredients, except tomatoes. Heat to boiling, reduce heat, cover and simmer for 20 to 30 minutes. Add the tomatoes, cover and simmer 20 minutes longer, or until vegetables are tender. Add bouquet sauce if desired. Remove bay leaf.

964741 -- HEARTY TOMATO SOUP

In a heavy pot saute until onion is golden: Oil as needed

- 1 clove garlic, minced
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped

Add, stir and saute until rice is a little roasty: 2 tbsp. whole wheat flour
3/4 c. raw brown rice (or 1 1/2 c.
cooked rice)

Add: 1 (28 oz.) can tomatoes, chopped &
mashed with a spoon

- 2 tsp. salt (optional)
- 4 white peppercorns or lots of
freshly ground black pepper
- 1 tbsp. sugar
- 1 tsp. oregano
- 1 tsp. basil

Have ready: 3 c. milk, hot
1 tbsp. butter

If starting with rice which is raw, cook until rice is done, about 45 minutes. If using precooked rice, cook until flavors mingle, at least 15 minutes. Remove from heat. For a more elegant soup, puree it in the blender or a sieve. Add milk and butter and more salt and pepper if needed. Warm but do NOT boil. Delicious with oatmeal bread. 6 servings.

964742 -- CHEESE BROCCOLI SOUP

1 c. green onions, chopped
1 stick butter or oleo
1 qt. milk
1 lb. Velveeta cheese
1 can Rotel tomatoes
1 round jalapeno cheese
3 cans cream of chicken soup
3 pkgs. frozen broccoli

Saute onions in butter or oleo. Add rest of ingredients and cook slowly until broccoli is tender.

964743 -- HOMEMADE SOUP

2 ham hocks
2 cans corn
1/2 pkg. peas
1/2 pkg. butter beans
3 potatoes
5 sm. cans tomato juice

Cook ham hocks 2 hours. Pull meat off when cool. Put in peas and beans in water, let cook 20 minutes. Then add potatoes and corn. Then add meat and tomato juice. Cook 20 minutes. Salt and pepper and a little sugar. Ida Nolan

964744 -- FRENCH ONION SOUP

4 med. onions, julienne
4 tbsp. margarine
6 cans beef consomme
3 cans water
2 c. milk
2 tbsp. flour
Salt & pepper
French bread (or Italian)
Mozzarella (or Provolone cheese)
Margarine

Saute onions in margarine until transparent. Add flour and cook until golden. Add consomme and water. Bring to a boil. Add salt, pepper and milk and simmer for 20 minutes. Slice bread, lightly buttered on both sides and bake until very

crunchy. Top with cheese and bake until cheese is melted. Place bread in bowl and top with soup.

964745 -- EMERALD SOUP

1 lg. onion
2 boxes frozen broccoli
1/2 c. evaporated milk
1 sm. pkg. Mexican Velveeta cheese
3 tbsp. butter
1 c. milk

Saute finely chopped onions in butter until clear. Cook broccoli as directed. Drain, place cooked broccoli and milk in food processor or blender. Add to cheese and sauteed onions. Cook on medium to low heat for 20 to 30 minutes or until desired consistency is reached. *Drops of hot sauce makes this a festive holiday dish.

964746 -- CORN SOUP

This recipe won me first place many, many years ago in Horima Courier Contest.
2 cans cream corn (#2)
2 cans whole corn (#2)
1 can corn on cob
1 tsp. parsley
1/2 lb. to 2 lbs. salt meat
1 can tomato paste (or 1 1/2 cans
paste to every 6 cans creamed & 6
cans whole corn)
2 med. onions
1 cooking spoon sugar
1 tsp. salt
1 tsp. onion tops

Cut and pre-boil salt meat. Then brown a little in a little cooking oil. Take out and put aside. Brown tomato paste in same cooking oil until dark brown. If there is too much oil, take out some. Add chopped onions and simmer a while. Then add salt meat, corn and rest of seasonings. You may add black pepper or any other spice that you like. To every can of corn, add two cups of water. Boil for about 1 hour, watching that you have enough water at all time.

964747 -- VEGETABLE SOUP

6 red potatoes
6 sweet potatoes

3 carrots
1 pkg. celery
1 (16 oz.) tomato juice
2 pkgs. mixed vegetables (frozen)
2 sm. cans tomato sauce
1 can cream of mushroom soup
Season with garlic powder, onion
powder, salt and LA hot sauce
6 turnips
1 head cabbage
3 bell peppers
1/2 pkg. vermicelli
3 lg. onions

Peel and chop in large chunk all raw vegetables. Put ingredients in large pot (except vermicelli). Fill the pot with water. Put in seasoning, cook until raw vegetables are tender. Add vermicelli and cook until vermicelli is tender. Turn off and let stand. If you want it thicker, put in one can tomato paste. If you want meat, put it in at the start.

964748 -- BOY SCOUT STEW

1 lb. hamburger
1 sm. onion
1 can vegetable soup
1 can water

Brown onion and hamburger. Stir in vegetable soup and water. Cover and cook on low in skillet until thick. white Oak Mower

964749 -- OLD FASHIONED POTATO SOUP

4 c. potatoes, peeled, diced
1/2 c. celery, chopped
1/2 c. onion, chopped
1 qt. water
3 c. milk
2 tbsp. butter
8 parsley sprigs
1 1/4 tsp. salt or more to taste
Freshly ground white pepper to taste

Place the potatoes, celery, onion and water in a large saucepan and bring to a boil. Reduce the heat and simmer until the vegetables are soft but not mushy, about 30 minutes. Drain or allow the water to reduce until almost gone. Chop parsley leaves and reserve the stems. Add the milk, butter, parsley stems, salt and white pepper to taste. Allow the soup to simmer, uncovered, for the flavors to blend, 8 to 10 minutes. Remove the parsley stems; taste for salt. Stir in

the chopped parsley leaves. Serve with crisp crackers or one of your best homemade breads.

964750 -- CABBAGE AND BEEF SOUP

1 lb. lean ground beef
1/2 tsp. garlic salt
1/4 tsp. garlic powder
1/4 tsp. pepper
2 celery stalks, chopped
1 (16 oz.) can kidney beans, undrained
1/2 med. head cabbage, chopped
1 (28 oz.) can tomatoes, chopped &
liquid reserved
1 tomato can water
4 beef bouillon cubes
Chopped fresh parsley

In a Dutch oven, brown beef. Add all remaining ingredients except parsley; bring to a boil. Reduce heat and simmer, covered, for 1 hour. Garnish with parsley. If cooking for two; soup can be frozen in serving size portions to enjoy months later.

964751 -- CHUNKY BEET SOUP

3 bunches (1 1/2 lbs. each) beets
1 med. onion, sliced
1 tbsp. vegetable oil
1 green apple, cored and chopped

Trim tops from beets leaving a 1 inch piece of stem. Place in large saucepan with 2 quarts cold water and salt to taste. Bring to boil; reduce heat, cover and simmer about 30 minutes until beets are fork tender. Cool 10 minutes. Drain; reserving 6 cups beef liquid. Peel beets and cut into 1/2 inch cubes. In large saucepan over medium heat, cook onion in oil until lightly browned and tender, 10 minutes. Add cubed beets, reserved beet liquid and apples. Bring to boil; simmer 3 to 4 minutes until apples are tender. To serve, ladle soup into bowls. Dollop with sour cream; garnish with apple slices.

964752 -- MOCK TURTLE SOUP

4 qts. water
2 lbs. ground beef
1 c. vinegar
1 sm. can tomato soup

1 bottle catsup

3 lemons
8 carrots
1 mango
2 lg. onions
1 stalk celery

Add to first mixture. Cook for 1 1/2 hours: 3 tbsp. whole mixed spices in bag
Salt & pepper to taste
1 tbsp. dry mustard
8 hard boiled eggs, chopped

Cook 1/2 hour longer. Mix 10 tablespoons brown flour to smooth paste and add to soup. Cook a little longer, remove from heat and add 1 cup wine.

964753 -- LENTIL SOUP

1/2 onion, chopped
1 tbsp. butter
2 qts. cold water
2 c. (1 lb. pkg.) dry lentils
1 to 2 celery stalks with leaves,
chopped
2 to 3 potatoes, grated
1 tsp. basil
1 c. tomatoes
1 tsp. salt

Brown onion in butter. Add cold water and dry lentils. Bring to a boil, cover and simmer for about 2 hours. Add several sliced carrots, celery stalks with leaves, potatoes, basil, tomatoes and salt. Continue simmering with cover on until vegetables are tender. Serve with grated cheese on top if desired.

964754 -- SPLIT PEA SOUP

2 c. dried split peas
3 qts. cold water
1 ham bone with some meat left on it
1 lg. onion, minced
3 stalks celery, chopped fine
1 sprig parsley
Bay leaf
1 c. carrots, sliced

Soak 2 cups dried split peas in 3 quarts cold water overnight. Add ham bone, onion, celery, parsley, bay leaf and carrots. Heat to boil, cover and simmer 4 to 5 hours, until peas are tender and liquid is partially cooked down. Season

to taste with salt and pepper. A few minutes before serving, add 1 cup cream. Stir in well and heat through.

964755 -- SPLIT PEA OR LENTIL SOUP

1/2 c. uncooked dry split peas or
lentils
1 sm. onion, thinly sliced
1 sm. stalk celery, chopped
1/4 c. tomato sauce
2 c. water

Wash and drain split peas or lentils. Put all ingredients in pan. Heat to boiling. Cover and boil gently about 30 minutes until split peas or lentils are tender. Makes 2 (1 cup) servings. Menu Idea: Serve with orange-grape fruit salad, ice cream and cake.

964756 -- CREAMY POTATO SOUP

2 tsp. fat
1 c. water
1/2 tsp. salt
1 tbsp. flour
1 c. lowfat milk
1 tbsp. onion, finely chopped
1 c. instant potato flakes or 4 tbsp.
instant potato granules
1 tbsp. carrot or celery tops, chopped

Cook onion in fat until tender and lightly browned. Stir in flour and salt until smooth. Slowly stir in water. Cook and stir over medium heat until slightly thickened. Remove from heat. Add milk. Stir in potato flakes or granules until smooth. Heat until hot but not boiling. Makes 2 (1 cup) servings.)

964757 -- BEAN SOUP

2 c. mixed dry beans
10 c. water
2 cloves garlic
1 lb. ham hocks

--SUGGESTED VEGGIES:--

1/2 eggplant, cubed

3 med. beets with stems, sliced
3 carrots, sliced
1 c. red cabbage, chopped
1 (15 oz.) can whole tomatoes
1 lg. pear

--SPICES:--

3 bay leaves
1 tsp. savory leaf
3 tsp. salt (adjust to taste)
Pepper to taste
1/2 c. white wine (optional)
4 whole cloves
1 1/2 tsp. cumin
1/4 c. sweet mustard

Let beans soak overnight in twice the volume of water. Drain and rinse. Saute 1/2 of the ham hocks with garlic, onion and a bit of olive oil. Then, in large pot, simmer together beans, water, sauteed mixture, bay leaves, cloves and remaining ham hocks for 1/2 hour. Steam carrots and beets until partially tender. Prepare vegetables, add to beans with the spices, bring to a boil. Simmer for 1 hour or until vegetables are tender. Adjust salt and pepper to taste. To serve: Serve with hot corn bread.

964759 -- ROSE'S CORN CHOWDER

1 (2 inch) sq. bacon
1 lg. onion, chopped
2 med. potatoes, diced
2 c. chicken broth
1 can cream corn
1/4 tsp. pepper (white)
1/2 tsp. dried thyme or 1 tbsp. fresh
1 c. milk, evaporated milk or light
cream
Paprika

Dice bacon, fry slowly in big pot. Remove, drain, reserve. Saute onion in drippings. Add potatoes, broth, pepper and thyme. Simmer, covered for about 30 minutes, until potatoes are done. Stir in corn and milk, beat through. Taste for seasoning. Serve - sprinkle with paprika and bacon.

964760 -- HOT & SOUR SOUP

6 dried Chinese mushrooms
1 lb. fresh tofu
1 sm. can sliced bamboo shoots
1/2 lb. boneless pork, sliced thinly

6 c. chicken stock
2 tsp. soy sauce
1/4 tsp. ground white pepper
3 tbsp. Chinese black vinegar
2 tbsp. cornstarch
3 tbsp. water
1 egg, lightly beaten
Bouillon granules to season

Prepare ahead: In small bowl cover mushrooms with 1/2 cup of hot water, soak 30 minutes. Discard water. Cut away tough stems and discard. Thinly slice mushroom caps. Drain bamboo shoots and tofu, and rinse in cold water. Slice into strips. Combine in heavy saucepan the stock, soy sauce, mushrooms, bamboo shoots. Bring to boil over high heat. Immediately reduce heat to low, cover pan and simmer 3 minutes. Drop in tofu, pepper and vinegar. Bring to boil again. Add pork and boil again. Mix cornstarch with water and pour into soup. Stir until soup begins to thicken, then slowly pour in egg, stirring all the while. Remove from heat, adjust seasoning with bouillon, vinegar and pepper.

964761 -- VEGETABLE SOUP WITH SAUERKRAUT

2 tbsp. butter
1 lb. lean beef, cut into 1 inch cubes
1/2 lb. lean pork in cubes
2 qt. beef stock, can use beef cubes
1 (16 oz.) can tomatoes, chopped with
liquid
1 (16 oz.) can sauerkraut
1/2 c. chopped onions
1 1/2 c. chopped celery
1 c. sliced carrots
1/2 c. chopped parsley
1 bay leaf
2 tsp. salt
1/4 tsp. pepper
1/2 tsp. marjoram
1/4 tsp. thyme
2 tbsp. packed brown sugar

In a large kettle, melt butter, brown the beef and pork. Add beef stock, tomatoes and their liquid, undrained sauerkraut, onions, celery, carrots, parsley, bay leaf, salt, pepper, marjoram and thyme. Bring to boil, reduce heat and simmer, covered for 2 hours or until meat is tender. Stir in brown sugar, simmer covered an additional 15 minutes. Makes 2 quarts.

964762 -- BOEUF BOURGUIGNON

3 lbs. good beef chuck, cut for stew
3 tbsp. flour

1 1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dried thyme
1 c. (can) condensed beef broth,
undiluted
1 c. dry red wine
1/2 lb. sliced mushrooms or 4 oz.
canned mushrooms
1 can or jar sm. white onions

Brown in large skillet beef in 1 tablespoon oil. Sprinkle flour over beef with salt and pepper and thyme. Cook flour some (2 minutes slowly). Then pour over broth and wine. After 2 hours of baking in 325 degree oven, tightly covered, add mushrooms and onion. Cook 1 hour more. Always tightly covered. Yummy!
Can freeze.

964764 -- MIRACLE SOUP

6 lg. onions
2 green peppers
2 qts. tomatoes
1 lg. head of cabbage
1 lg. bunch of celery
Bouillon cubes (beef or chicken)
1 tsp. Mrs. Dash
Salt to taste

Mix vegetables and cook until tender. Add bouillon cubes and Mrs. Dash and salt. Cook until broth thickens.

964765 -- POTATO SOUP

2 tbsp. butter
1 med. onion, chopped
2 c. potatoes, cubed
1 1/2 to 2 c. water
1 can cream of chicken soup
3 c. milk
1/2 tsp. salt
Black pepper

Melt butter in saucepan over low heat. Add onion and cook until soft, but not brown. Add potatoes and water. Cover and bring to a boil. Cook until tender, 10 to 15 minutes. Stir in cream of chicken soup, milk and seasonings. Blend well. Simmer until heated through. Serve with grated cheese.

964766 -- VEGETABLE SOUP

4 cans tomato soup
1 sm. bag carrots
1 stalk celery
1/2 head cabbage
1 lg. onion
1 lb. ground beef

Brown ground beef. Add vegetables and soup. Add 4 cans of water. Cook 4 hours.

964767 -- CREAM OF BROCCOLI SOUP

1 c. margarine
1 c. diced onions
1 c. diced celery
4 c. chopped broccoli
1 c. flour
6 qts. chicken broth
2 c. warm milk
Salt and pepper to taste
2 c. grated cheese

Saute onions, celery and broccoli in margarine; add flour and simmer until vegetables are crisp. Add chicken stock and milk. Add seasonings and grated cheese and stir until cheese is melted. Makes 25 servings.

964768 -- FRENCH ONION SOUP

2 tsp. oleo
2 c. thinly sliced onions
1 tsp. flour
3 c. beef broth (canned)
4 slices French bread, lightly toasted
1/2 c. Swiss cheese, grated
1/2 c. Parmesan cheese, grated

Melt margarine in saucepan. Brown onions, add flour and continue to cook. Stir in broth and bring to boil. Reduce heat and simmer for 15 minutes. Preheat broiler. Divide soup into oven proof bowls. Top each with two slices of bread. Sprinkle with cheese and brown under broiler.

964769 -- HOT AND HEARTY CHOWDER

2/3 c. shortening
2 1/2 c. celery, diced
1 1/4 c. onions, chopped
2 1/2 c. potatoes, diced
2 1/2 c. boiling water
1 (# 10) can cream style corn
2 1/2 qts. milk
1 (# 5) can tomato soup
Salt, pepper as needed
1 tbsp. chicken base

Melt shortening and cook onions and celery until tender. Put in potatoes and water and cook until tender. Put in corn and salt. Bring to boil. Add tomato soup and chicken base. Season. Heat, but do not bring to a boil. Serves 50.

964770 -- BEEF BARLEY SOUP

10 c. water
2 c. quick cooking barley
6 c. beef broth
2 lbs. ground beef
Peas, carrots and onions
2 eggs
1/2 c. packaged seasoned bread crumbs
1.5 oz. packet meatloaf seasoning

Bring water, barley, beef broth to a boil, reduce heat to medium, cover and simmer 10 minutes or until barley is almost tender. Meanwhile in medium sized bowl mix ground beef, eggs, seasoned bread crumbs and meatloaf seasoning. Mix until well blended. Drop meat mixture into soup. Simmer covered 5 to 7 minutes longer until meat loses its pink color. Skim any foam from top of soup. Add peas, carrots and onions as desired.

964771 -- SPEEDY VEGETABLE SOUP

1 lb. ground beef
2 tbsp. fat
8 c. water
1 envelope onion soup mix
1 c. carrots chopped
1/2 c. celery chopped
1/2 c. onions, chopped
1/2 c. potatoes, cut up
1/2 c. cabbage (optional)
Salt and pepper, to taste

Brown meat in fat, add water and soup mix. Cover and bring to boil. Reduce heat and cook 30 minutes. Add remaining ingredients, increase heat until soup comes to a boil. Turn to low and cook 1/2 hour or until vegetables are done.

964772 -- HEAVENLY HASH

1 (No. 2) can crushed pineapple
(drained)
1 (No. 11) can mandarin oranges
(drained)
1 c. coconut
2 c. miniature marshmallows
1/2 c. grated walnut meats

Mix together with sour cream or Cool Whip. Cool in refrigerator for 2 hours. Serve in lettuce cups. Serves 4 to 6.

964773 -- CORN CHOWDER

4 cans cream of potato soup
4 cans canned milk
4 cans whole corn
1 pkg. bacon
2 tbsp. butter
1 onion, chopped
Salt, pinch
1/8 tsp. pepper
1/2 tsp. parsley

Pour all cans into large soup pot. Cook bacon and chop into small pieces add to soup mixture. Saute' onion and if fresh parsley in butter until soft. Add to soup mixture. Add salt and pepper. Simmer on top of stove for 1 hour.

964774 -- SPLIT PEA SOUP

6 c. water
1 1/2 c. splitpeas, washed
1/2 c. chopped onion
3 fresh carrots, sliced
3 stalks celery, chopped
2 tsp. salt
1 bay leaf

Bring peas to a boil for 3 minutes, reduce heat and simmer until tender, 45 to 50 minutes. Add vegetables and simmer until tender, 15 to 25 minutes. Add

water as needed. Remove bay leaf. Puree to thicken the soup. The children love it!

964775 -- CLAM AND CORN CHOWDER

2 tbsp. butter
1 sm. onion, chopped
2 cans chopped clams
1 c. milk
1/4 tsp. liquid hot pepper seasoning
1 (8 oz.) bottle clam juice
1 can cream style corn
8 slices bacon, cooked, crisp and crumbled

Melt butter, saute' onion. Add remaining ingredients. Cook 10 minutes.

964776 -- PEANUT BUTTER SOUP

3 tbsp. butter
1/4 c. chopped celery
1/4 c. chopped onion
3 tbsp. flour
1/8 tsp. salt
1 c. milk
1/2 c. peanut butter
1 c. or 10 3/4 oz. can chicken broth
plus water to make 2 cups.

Melt butter in 2 quart saucepan. Add celery and onion. Saute 5 minutes. Blend in flour and salt. Cook until smooth, stirring constantly. Remove from heat. Gradually add milk, cook over medium heat, keep stirring until thickened. Boil and stir 1 minute. Add peanut butter, stir until blended, stir in broth, heat to serving temperature (do not boil). Yield 4 cups.

964777 -- ASPARAGUS SOUP

2 lb. asparagus, diagonally sliced
into 1 inch pieces
3 leeks, sliced
4 green onion, sliced
1 red potato, chopped small
3 tbsp. butter
4 c. water
1 beef or chicken bouillon cube

1 c. cream
2 tbsp. tarragon
2 tbsp. basil
1 clove garlic, pressed
1 tbsp. soy sauce

Saute vegetables in butter for 5 minutes. Add water and bouillon cube; simmer 5 minutes. Add remaining ingredients and simmer 10 minutes more. Serve.
Serves 4.

964778 -- APPLE SOUP

16 apples, cored and chopped
5 c. water
1/2 tbsp. lemon peel, grated
1 inch cinnamon, wrapped in cheese
cloth
1/4 c. maple syrup
1 tbsp. arrowroot
1 tbsp. lemon juice
1/4 c. white wine
1/2 c. sour cream

Simmer apples, water, lemon peel, cinnamon, and maple syrup until apples are tender, about 20 minutes; remove cinnamon. Puree soup in blender; return to saucepan. Remove about a cup of liquid and combine it with arrowroot. When thickened, return to soup. Stir in lemon juice, and wine. Heat through. Serve with a spoonful of sour cream on each bowl. Serves 6.

964779 -- WILD RICE SOUP

1 med. carrot grated
2 med. stalks celery, sliced
1 med. onion, chopped
2 tbsp. margarine
3 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 1/2 c. cooked wild rice
1 c. water
1 can (10 3/4 oz.) chicken broth,
condensed
1 c. half and half or milk
1/4 c. snipped parsley, opt.

Cook and stir celery, carrot, onion in margarine in saucepan until celery is tender, about 15 minutes. Stir in flour, salt, pepper. Stir in wild rice, water and broth. Heat to boiling; reduce heat. Cover and simmer 15 minutes

stirring occasionally. Stir in remaining ingredients. Heat until hot (do not boil) 5 servings.

964780 -- BERRIES AND CHERRIES ROSE'

1 envelope unflavored gelatin
2 tbsp. sugar
3/4 c. boiling water
1 1/2 c. rose' wine
1/2 c. raspberries and halved
 strawberries
1 c. pitted sweet cherries

In medium bowl mix gelatin and sugar. Add boiling water and stir until gelatin dissolves completely then stir in wine. Refrigerate stirring occasionally until mixture begins to thicken and become syrupy. Fold in berries and cherries. Pour into a 4 cup mold or 6 3/4 cup individual molds. Refrigerate until firm 3 or 4 hours. Serve with whipped cream. Fraiche in potpourri section.

964781 -- MINESTRONE SALAD

1 (8 oz.) pkg. elbow macaroni, cooked
 and drained
3 med. carrots, shredded
1 (16 oz.) can of navy beans, drained
1 1/2 c. chopped celery
1/4 c. chopped fresh parsley
3/4 c. mayonnaise
1/2 c. vegetable oil
2 tbsp. cider vinegar
1/2 tsp. seasoning salt
1/4 tsp. cayenne
Romaine lettuce tomato slices

Combine macaroni, navy beans, vegetables; stir well. Combine mayonnaise and next four ingredients. Stir well to mix. Pour over macaroni mixture. Mix well to coat. Cover and chill. Line salad bowl with Romaine leaves. Spoon salad into bowl. Arrange tomato slices on top. Makes 8 servings.

964782 -- PSEUDO - GAZPACHO

4 lg. tomatoes
3 lg. cucumbers
4 stalks of celery hearts
1 lg. white onion

3 lg. green bell peppers
4 slices of whole wheat bread (or any
type bread)
Wine vinegar
Olive oil
Pepper (from a grinder)
Celery salt
Garlic
Tabasco sauce
2 (32 oz.) bottles of Mr. & Mrs. 'T'
Richard Spicy Bloody Mary mix

Place the tomatoes in boiling water a couple of minutes and peel the skins. Cut peppers in half. Peel cucumbers and onion and cut the vegetables into pieces suitable for your blender or food processor. Chop the vegetables fine. Place in a bowl. Cut the crusts from the bread and tear into small pieces. Put them and a little of the Bloody Mary mix into the blender and puree. Add this mixture to the vegetables. Add 4 tablespoons each of wine, vinegar and olive oil and stir thoroughly. Salt and pepper to taste. Add a crushed and chopped garlic clove and taste the soup, adding more garlic if desired. Add Tabasco sauce, 1 drop at a time, and taste after each addition. Being careful not to overdo it. Put into refrigerator overnight. This soup is best when served very cold. A traditional accompaniment of this type of soup is hard-boiled eggs. Any leftovers may be frozen. Serves 6 to 8.

964783 -- ITALIAN SAUSAGE SOUP

3 lb. Italian sweet sausage, skinned &
cut 1 inch pieces
1 onion, diced
2 green peppers, diced

Cook sausage and remove from pan, keep hot. Cook peppers and onions until soft. Add sausage to peppers and onions. Add: 4 c. chicken broth (can use chicken

bouillon)
1 clove garlic (garlic powder)
2 tbsp. parsley, dried or fresh
2 tbsp. basil, crumbled or diced
28 oz. tomato, crushed or puree

Add salt and pepper to taste. Bring to boil, lower heat, cover and simmer 1 hour. Cook 1 cup bowtie noodles (or macaroni). Add to sausage mixture.

964784 -- EASTERN SHORE CLAM CHOWDER

3 strips bacon or sm. amt. of ham
1 med. onion, chopped
2 stalks celery, chopped

6 med. potatoes, peeled & diced
1 tbsp. green pepper, chopped
2 sm. tomatoes, cut up
3 c. water
1 bay leaf
1 tsp. salt
1 1/2 c. chopped clams
1 tsp. thyme
1 tsp. basil
1 clove garlic, chopped
1/4 tsp. red pepper flakes
6 sm. peppercorns
1 pinch cayenne pepper
2 tbsp. white wine

Cut bacon into strips, saute them in 2 quart saucepan. Add onion, celery and green pepper, small amount of tomato chunks, saute until transparent. Add water, potatoes, bay leaf and salt. Bring to boil, cover and reduce heat to low. When potatoes are tender, add clams with liquid, thyme, basil, garlic and cayenne. Simmer about 5 minutes. Add wine and serve garnished with fresh parsley.

964785 -- BLACK BEAN SOUP

2 c. dry black beans
2 qts. water
1 med. onion, chopped
1/2 lb. lean pork cubes
2 tsp. salt
3 garlic cloves, minced
1 tsp. dried oregano
1 can (6 oz.) tomato paste
Optional toppings: thinly sliced
radishes, finely shredded cabbage,
minced
fresh chili peppers & sour cream

Rinse beans. In a Dutch oven, combine beans and water. Bring to a boil. Reduce heat; cover and simmer until beans wrinkle and crack, about 1 1/2 hours. Add onion, pork, salt, garlic and oregano. Simmer, covered, 1 1/2 to 2 hours or until beans and pork are tender.

964786 -- BROCCOLI SOUP

6 c. broccoli
2 c. chicken broth (1 can)
6 tbsp. butter or margarine
1/2 c. flour
2 c. milk

2 eggs
2 c. or 1 pt. half and half
Salt & pepper to taste

Cook broth and vegetables on medium-high in large pot 15-20 minutes; reduce heat. In separate pot, melt butter. Add flour. Cook until bubbly on medium-high. Add milk; boil. Mix eggs and half and half, then add to milk-flour mixture. Stir until very, very thick. Add to vegetables. Cool medium-low for 5 minutes. Add regular milk, if too thick.

964787 -- CHEESE SOUP

1 box Kona Coast Clam chowder mix
2 tbsp. Schilling soup greens
1/2 lb. American cheese (yellow)
1 tbsp. Worcestershire sauce
1 tbsp. chicken bouillon
Salt & pepper to taste
1 sliced carrot
1 onion, chopped
3 potatoes, peeled & quartered
1 c. broccoli
2 gloves garlic, minced

Follow directions on box of Kona Coast clam chowder mix, except clam juice, can be purchased at Smith's, in the meat department. After mix has simmered, add cheese until melted. Add Worcestershire sauce and chicken bouillon and salt and pepper and garlic; allow to simmer for 30 minutes. Put all vegetables in a steamer until tender. Add to soup and serve.

964788 -- DILLED POTATO SOUP

2 tbsp. butter or margarine
1 lg. onion, chopped
4 c. raw potatoes, cubed 1/4"
1 c. light cream or milk
1 lg. carrot, chopped
4 c. chicken broth
2 tbsp. chopped fresh dill
1 (16 oz.) can whole kernel corn
Optional: 1 c. grated Cheddar cheese

Melt butter in large pan. Add onion, potato and carrot. Cover and cook over very low heat 5-10 minutes. Add broth, salt and pepper to taste. Simmer until vegetables are tender. Remove from heat. Puree 1/2 of mixture in blender or food processor. Return puree to reserve mixture in pan and stir in cream. Add corn; return to heat if necessary. DO NOT BOIL! Serve garnished with cheese, if desired. Note: If dill is not available; the soup's great without it!.

964789 -- ITALIAN SOUP

1 lb. bulk Italian sausage
1 med. onion, sliced
1 1/2 c. water
1/2 tsp. dried basil leaves
1 med. zucchini, sliced
1 med. yellow summer squash, sliced
1 (16 oz.) can whole tomatoes
1 (10 1/2 oz.) can condensed beef
broth
1/2 c. grated Parmesan cheese

Cook and stir sausage and onions in a 3 quart saucepan until sausage is light brown; drain. Stir in remaining ingredients except cheese; break up tomatoes with fork. Heat to boiling; reduce heat, simmer until zucchini is tender, about 5 minutes. Serve with cheese.

964790 -- MINESTRONE SOUP

1/4 lb. salt pork, finely diced
2 1/2 qts. water (+/-)
1 (16 oz.) can tomatoes, undrained
1 (15 oz.) can red kidney beans,
undrained
1 (15 oz.) can white kidney beans
6 beef bouillon cubes
3/4 c. uncooked tiny macaroni
Grated Parmesan cheese
1 c. diced carrots
1 c. diced celery
1 c. shredded cabbage
1 c. chopped green onions
1 (10 oz.) pkg. frozen chopped spinach
1 tsp. basil
1/2 tsp. pepper
1 lb. ground beef (optional)

Saute pork in large Dutch oven until crisp; drain. Brown ground beef. Add remaining ingredients except macaroni and Parmesan. Bring to a boil; cover, reduce heat and simmer one hour. Stir occasionally. Add macaroni; simmer 10 minutes. Sprinkle each serving with Parmesan cheese. Yield: 18 cups.

964791 -- MULLIGATAWNY SOUP

1 lg. stewing hen or fryer-chicken,
cut in pieces
1 qt. cold water
1 tbsp. dried parsley
1 bay leaf
1 tbsp. salt (optional)
1-2 tsp. curry powder
1/8 tsp. nutmeg
1/8 tsp. ground cloves
2 tbsp. olive oil (or chicken broth)
1 med. onion, chopped
1 med. carrot, chopped
1 green bell pepper, chopped
1 med. apple, pared, cored & chopped
Salt & pepper to taste
1/3 c. flour (optional)
1 (14 oz.) can stewed tomatoes
Cayenne pepper to taste

In large soup pot or kettle, combine first 8 ingredients; cover and simmer approximately 45 minutes (until chicken is tender). Remove chicken, if needed, to determine the need for more water. You'll need at least a quart. Discard skin and bones; cut meat into small chunks. In another large pot, heat oil over medium heat and add next 7 ingredients; simmering until tender. Remove from heat and stir in flour. Stir in broth, chicken and tomatoes (with juice) and cayenne pepper. Boil, reduce heat; cover and simmer about 1 hour. Serves 8-10. Sprinkle with croutons, if desired. This makes a wonderful winter time dinner! Variation: Add sausage brats with the chicken.

964792 -- NEW ENGLAND CLAM CHOWDER

1 c. onions, finely diced
1 c. celery, finely diced
2 c. potatoes, diced
2-3 cans clams
3/4 c. butter or margarine
3/4 c. flour
1 qt. half and half
1/2 tsp. salt
2 tbsp. wine vinegar
Pepper to taste

Drain juice from clams. Put juice in pot with vegetables. Add water until barely covers vegetables; simmer on medium heat until barely tender. In separate pan, melt butter. Add flour, stirring constantly, until smooth. Add half and half; stir with wire whip until thick and smooth. Put all together. Add salt, pepper and vinegar after heated through.

964793 -- POTATO CHEESE SOUP

2 tbsp. margarine
2 tbsp. flour
1/2 tsp. salt
Dash pepper
2 c. milk
1 c. diced cooked potatoes
1/4 c. minced onion
1 c. shredded Cheddar cheese

Melt margarine in a saucepan over low heat. Blend in flour, salt and pepper. Add milk gradually. Cook, stirring constantly, until mixture thickens and bubbles. Add potatoes, onion and cheese. Heat over low heat until cheese is melted. (DO NOT BOIL.) Makes 4 servings. Recipe may be doubled.

964794 -- WILD RICE SOUP

2 tbsp. butter
1 tbsp. minced onion
1/4 c. flour
4 c. chicken broth
2 c. cooked wild rice
1/2 tsp. salt
1 c. half and half
2 tbsp. sherry (optional)
Minced parsley or chives
Variations: 1/3 c. minced ham, 1/3
c. finely grated carrots, 3 tbsp.
slivered almonds

Melt butter in saucepan. Saute onions until tender. Blend in flour; gradually add broth. Cook, stirring constantly, until mixture thickens slightly. Stir in rice and salt. Simmer 5 minutes. Blend in half and half and sherry (and any variations). Heat to serving temperature. Garnish with parsley or chives. Makes 6-7 cups.

964795 -- WILD RICE & CHEESE SOUP

9 slices thick bacon, diced
1 med. onion, diced
1 can cream of mushroom soup
1 can cream of potato soup
1 c. uncooked wild rice
2 pts. half and half
1 c. grated American cheese

Cook wild rice until tender. Fry bacon until crispy; add onion and cook until tender. Drain excess grease. Combine cooked rice, bacon, onion, soups, and

half and half; simmer until thick. Just before serving, add grated cheese and stir until melted. Garnish with croutons, if desired.

964797 -- BROCCOLI SOUP

1 1/2 c. broccoli, chopped OR
1 (10 oz.) pkg. frozen chopped
broccoli
2 ribs celery, chopped
1 onion, chopped
1 c. unsalted chicken broth
2 c. skim milk
2 tbsp. cornstarch
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. ground thyme
1 oz. Swiss cheese, shredded (about
1/4 c.)

In a large saucepan, place broccoli, celery, onion and broth. Bring to a boil, cover and simmer 8 minutes until vegetables are tender. In medium bowl combine milk, cornstarch, salt, pepper and thyme. Add milk mixture to vegetable mixture and cook until soup is slightly thickened and just begins to boil (about 4 - 5 minutes), stirring constantly. Remove from heat and add cheese, stirring until melted.

964798 -- RED ROOT SOUP

6 shallots, peeled & chopped
5 carrots, chopped
2 beets, peeled & chopped
2 potatoes, peeled & chopped
4 leeks, chopped
1 c. parsley, chopped
5 c. chicken broth
2 c. water
2 c. skim milk
1/2 tsp. curry powder

Combine first 6 ingredients in a large kettle. Add chicken broth and water and cook for 20 to 25 minutes or until vegetables are tender. Blend lightly until vegetables are just minced but not smooth. At this point the mixture can be refrigerated or frozen. When ready to serve, add skim milk and curry powder and heat. Croton Falls, NY

964799 -- SENATE BEAN SOUP

1 1/2 c. Great Northern beans
1 smoked ham hock
1 med. potato, diced fine
1 onion, sliced fine
1/2 c. celery, diced
1 clove garlic, minced
Salt & pepper to taste

Soak beans overnight or bring to boil and boil 2 minutes, let stand 1 hour. Drain beans and measure liquid. Add water to make 2 quarts. Put in kettle with beans and ham hock. Cover and simmer 2 hours. Add potato, onion, celery and garlic. Simmer 1 hour. Remove ham hock and cut up meat. Remove 1 cup beans and some liquid and puree in blender. Return meat and pureed beans to soup. Heat, season to taste. Makes 6 large servings. Aberdeen, NC

964800 -- MOM'S VEGETABLE SOUP

3 to 4 lb. beef bone
2 qts. cold water
1 tsp. salt
2 c. potatoes, diced
1/2 c. rice or barley
2 c. carrots, diced
1 sm. onion, cut up
2 c. peeled tomatoes
1 c. green beans, cut
1/2 c. celery, chopped

Cut half meat from bone and brown in hot fat. Add remaining meat and bone to cold water. Add browned meat, onion and salt. Cook slowly for 2 hours. Cool after removing bones, skim fat off; when it is solid. Reheat and add vegetables; continue to cook 1 hour. Serves 8 to 10. Cook in large heavy pan, Dutch oven, etc. Purdys, NY

964801 -- CORN CHOWDER

4 med. potatoes, cut in chunks
4 med. onions, sliced
2 tbsp. margarine
1/8 lb. margarine (1/4 c.)
2 (2 c. cans) cream style corn
1 qt. milk (4 c.)
1/2 c. light cream (optional) I don't
usually have any
1 1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. parsley flakes

1/8 tsp. thyme
1/8 tsp. marjoram

Fry onions in 2 tablespoons of margarine until browned. Cook potatoes, cubed, for 15 minutes. Use 1/2 cup potato water to rinse corns' cans. Warm milk and cream in a large pan and add potatoes, onions, corn and 1/4 cup margarine, herbs and salt and pepper. Heat until piping hot, do not boil. Set aside to cool. Reheat and serve. It's better served next day. I may increase herbs to 1/4 teaspoon. Purdys, NY

964802 -- CHEF'S RECIPE SPLIT PEA SOUP

1 lb. green split peas
1 lb. carrots, chopped
1 smoked ham bone
Salt & pepper to taste
1 onion, chopped
2 qts. boiling water
Herbs, as desired

Rinse ham bone, add with onion and carrot to boiling water. Rinse split peas, drain and add. Boil moderately for 2 1/2 hours. More water may be added while cooking, if necessary. Remove ham bone. Strain, if necessary. Serve very hot. Purdys, NY

964803 -- PASTA & FAGIOLI SOUP

1 clove garlic, finely minced
1 med. onion, chopped
2 stalks celery, sliced
Saute in 2 tablespoons olive oil
1 (28 oz.) can Italian peeled
tomatoes (break up & spoon)
1 (tomato) can of water
1 tsp. salt
1 tbsp. parsley
1/2 tsp. basil
Pepper

Bring above to boil and add with 1 cup elbow macaroni (or like macaroni). When macaroni is done, add 1 (pound) can white kidney canellioni beans, juice and all. Serve with grated Romano cheese. Hebron, NH

964804 -- PEA SOUP

2 tbsp. olive oil
2 tbsp. safflower oil
2 med. onions, chopped
2 cloves garlic, chopped
1 c. split peas
6 c. water
1/2 c. carrots, sliced
1 stalk celery
1 bay leaf
Salt & freshly ground pepper
1 c. cooked rice

Heat 2 oils in pot - add onions, then garlic. When onions wilt (do not brown) add the rest of the ingredients except rice. Boil gently 2 hours. Put warm cooked rice on bottom of soup plates then add hot soup. Serves 6 to 8.
Katonah, NY

964805 -- CHEF'S RECIPE SPLIT PEA SOUP

1 lb. green split peas
1 lb. carrots, chopped
1 smoked ham bone
Salt & pepper to taste
1 onion, chopped
2 qts. boiling water
Herbs, as desired

Rinse ham bone, add with onion and carrot to boiling water. Rinse split peas, drain and add. Boil moderately for 2 1/2 hours; more water may be added while cooking, if necessary. Remove ham bone. Strain, if necessary. Serve very hot.
Purdys, NY

964806 -- CHINESE KITCHEN MAIN - DISH SOUP

1/2 c. celery, sliced
1/2 c. onion, chopped
1 med. clove garlic, minced
1/2 tsp. ginger, ground
2 tbsp. butter or margarine
2 cans chicken rice soup
1 soup can water
2 c. cooked chicken, diced
1 pkg. frozen snow peas
1 tbsp. soy sauce
1/2 c. water chestnuts, sliced

In large saucepan, cook celery and onion with garlic and ginger in butter until tender. Add remaining ingredients. Cook over low heat 5 minutes or until done;

stir occasionally. Serve with additional soy sauce. Makes about 6 cups.
Patterson, NY

964807 -- TURKEY SOUP

5 gals. water
6 plus lbs. turkey
4 lbs. frozen mixed vegetables
3 lbs. carrots, cut up
2 lg. rutabagas (waxed Canadian
turnips) cut up
2 yellow turnips, cut up
1 lb. sm. white boiling onions
3/4 to 1 lb. celery, cut up
Spices to taste

Simmer turkey alone for 2 to 3 hours. Skim grease. Debone. Add vegetables.
Simmer all for 3 to 4 hours. Add spices during last hour. Patterson, NY

964808 -- HARVEST VEGETABLE SOUP

I always hollow out a big pumpkin to use as a tureen when serving this
colorful soup. 1/4 c. (1/2 stick) butter

2 med. onions, coarsely chopped
4 scallions, white & green parts,
thinly sliced
2 lg. garlic cloves, finely chopped
6 carrots, thinly sliced
1 1/2 c. celery, diced
3 qts. chicken broth
6 med. potatoes, peeled & quartered
4 parsnips, peeled & sliced
4 c. cubed pumpkin or butternut squash
4 white turnips, peeled & quartered
3 lg. tart apples, peeled & coarsely
chopped
2 bay leaves
1 tsp. dried basil
1/2 tsp. dried thyme
Salt & freshly ground black pepper

Melt the butter in a large heavy pot over medium heat. Add the onion,
scallions, garlic, carrots, and celery and saute for 10 minutes. Add the
chicken broth, vegetables, apple and bay leaves and bring the mixture to a boil.
Lower the heat and simmer the soup for 20 minutes. Add the basil, thyme, and
salt and pepper to taste and simmer for about 15 minutes longer, or until the
vegetables are tender. Serve. (The soup can be made a day in advance and
reheated over low heat before serving.) Serves 16. Carmel, NY

964810 -- CLAM CHOWDER PERFECTION

About 15 to 20 sm. clams in the shell
or 2 cans (7 1/2 oz. each) minced
clams
Water
5 med. potatoes, diced
1 lg. onion, diced
2 slices bacon, diced
Clam liquid
1/4 c. butter or oleo
1 1/2 c. milk
Salt & pepper to taste

If fresh clams are used, scrub them well and place in a pan with about 1 cup of water in the bottom. Cover and bring to a simmer, steam about 5 minutes or until shells open and clams are just tender. Pull clams from shells, strain liquid through a fine mesh strainer lined with cloth and reserve. Cut clams into small pieces. Measure, you should have about 2 cups. If canned clams are used, drain them, reserving the liquid. Place the potatoes and onions and bacon in a saucepan and nearly cover them with clam liquid and water, cover and simmer until potatoes are just tender. Meanwhile, make a thick white sauce by melting the butter over low heat in a pan large enough to hold the chowder. Add flour and stir until bubbly and blended. Add milk and cook, stirring constantly until thick. Add the clams and potato mixture with its liquid to the sauce. Then to desired consistency, with water. Salt and pepper to taste. Heat, stirring, just to the boiling point before serving. Makes 6 to 8 servings.

964811 -- SPEEDY CLAM CHOWDER

3 strips bacon
1 sm. onion (yellow)
1 can cream of potato soup
1 can cream of celery soup
2 1/2 c. milk
2 (6 1/2 oz.) cans minced or chopped
clams

Cut bacon into 1/2 inch strips and fry until crisp. Drain grease. Put into large tall sided saucepan. Saute onions with bacon, when onions are soft, add both cans clams undrained, potato soup, celery soup and milk. Stir, heat until hot. Serves 4 to 6 servings.

964812 -- BROCCOLI SOUP

2 cans cream of chicken soup
1 box chopped broccoli, thawed
1/4 tsp. thyme
2 c. milk
Lemon juice

Combine all ingredients except lemon in saucepan and simmer. Add lemon juice to bowl of soup for added flavor, about 1 teaspoon.

964813 -- GREAT CLAM CHOWDER

2 sm. cans minced clams
1 c. chopped onions
1 c. finely diced celery
1 diced carrot
2 or 3 c. diced potatoes

Drain juice from clams; pour into pan with vegetables. Add enough water to just cover vegetables. Cook until tender. Make white sauce and add co cooked vegetables and liquid. --WHITE SAUCE:--

3/4 c. margarine, melted
3/4 c. flour
1 qt. half & half
1 1/2 tsp. salt
Dash of pepper
1/2 tsp. sugar

Blend in blender all sauce ingredients except margarine. Then add melted margarine. Pour into above mixture. Next add clams. Soup will thicken. Serve with French bread or crackers. You can't eat just 1 bowl - MMM Good!

964814 -- POTATO CHOWDER

4 c. peeled, diced potatoes
1/2 c. finely chopped onion
1 c. grated carrots
1 tsp. salt
1/4 tsp. pepper
1 tbsp. dried parsley flakes
4 chicken bouillon cubes
6 c. scalded milk
4 tbsp. butter
1/2 c. flour

In large Dutch oven or kettle, combine potatoes, onion, carrot, salt, pepper, parsley flakes and bouillon cubes. Add enough water to just cover vegetables; cook until vegetables are tender, about 15 to 20 minutes. Do not drain. Scald milk by heating to 180 degrees or until tiny bubbles form around edges of pan.

Remove 1 to 1 1/2 cups milk and add butter and flour to hot milk, stirring with wire whisk. Add remaining hot milk to undrained vegetables, then stir in thickened milk mixture. Stir until blended. Simmer for 15 minutes or low heat. Yields: 8 to 10 servings.

964815 -- MINESTRONE SOUP

1 lb. shin beef with bone
3 1/2 qts. cold water
1 c. dried white or red kidney beans
1 tbsp. olive or salad oil
2 peeled cloves garlic
2/3 c. shelled peas
1 c. pared diced carrots
1/2 c. spaghetti, broken up fine
1/2 c. minced onions
1/2 c. minced parsley
1/8 tsp. pepper
1 c. cut fresh string beans
3/4 c. diced celery
2 c. finely shredded cabbage
1 c. canned tomatoes
Grated Parmesan cheese

Place shin of beef in a large kettle. Add water, 2 tablespoons salt and beans. Cover and bring to a boil. Skim, recover and simmer 4 hours. Heat oil in skillet and brown garlic in it. Remove garlic, then saute the onion and parsley in oil until onion is tender but not brown. Remove bone and meat from meat stock. Then add 1 tablespoon salt, onion, parsley, pepper and all remaining ingredients except spaghetti and cheese. Cover and simmer for 30 minutes. Add spaghetti and cook 10 minutes longer. Serve - passing cheese to be sprinkled on top. Serves 10.

964816 -- KRAUT SOUP

3 tbsp. oil
1 1/2 lbs. stew meat
1 to 2 bay leaves
1 med. onion, chopped
Salt & pepper to taste
3 to 4 med. potatoes, diced
1 lg. or 2 (16 oz.) cans pork & beans
1 jar (32 oz.) Claussen's sauerkraut
or cans to equal amount

In 5 quart pot add oil. Add stew meat, sprinkle with flour, salt, and pepper, brown meat. Add onions, saute with meat. Add 2 quarts (8 cups) water and bay leaves. Bring to a boil, simmer until meat is tender, about 1 hour. Add potatoes, beans and kraut. Cook until potatoes are done.

964817 -- CREAM OF POTATO SOUP

2 cans reg. size chicken broth
1 c. chopped onion
6 c. cubed potato
2 grated or chopped carrots
4 tbsp. margarine
4 tbsp. all-purpose flour
1/2 tsp. or to taste salt
4 dashes white pepper, not hot
2 (12 oz.) canned or reg. milk or
half and half

In a saucepan or large deep pan for larger recipe, combine chicken broth, chopped onion, potatoes and dillweed. Bring mixture to boiling. Reduce heat, cover and simmer for 10 to 15 minutes or when potatoes are tender. Place half the vegetable mixture in blender and half the milk. Cover and blend for 30 to 60 seconds or until smooth. Pour back in the pot, combine flour and rest of milk and stir into the soup mixture. (If mixture is too thick, add milk to adjust to your liking.) Stir in salt and white pepper, cook and stir over low heat until thick and bubbly and heated through. Serves: 8 --CLAM CHOWDER:--

Above recipe can easily be converted into clam chowder, just add large can minced clams, increase half and half to 2 (16 ounce) and 1/2 pound grated Jack cheese. Make sure you add clams after you put vegetable mixture in blender.

964818 -- OLD FASHIONED VEGETABLE SOUP

1 lb. ground beef
1 c. onion, chopped
1 c. raw potato, diced
1 c. carrots, sliced
2 (16 oz.) cans whole tomatoes, cut
coarsely
5 c. water
1 tbsp. salt
1/4 tsp. basil
1/4 tsp. thyme
1 bay leaf
2 tbsp. instant beef bouillon
1 (7 oz.) can whole kernel corn,
undrained
1 (8 1/2 oz.) can diagonal cut green
beans, undrained
1 (8 1/2 oz.) can sm. early peas,
undrained

Brown ground beef and onion until meat is slightly brown. Drain fat. Add remaining ingredients except corn, beans and peas. Simmer 30 minutes or until raw vegetables are tender. Add canned vegetables. Continue heating 5 minutes. Makes 11 cups.

964819 -- BAKED POTATO SOUP

4 lg. baking potatoes
2/3 c. margarine
2/3 c. all-purpose flour
6 c. milk
3/4 tsp. salt
1/2 tsp. pepper
4 green onions, chopped and divided
12 slices bacon, cooked, crumbled and divided
1 1/4 c. (5 oz.) Cheddar cheese, shredded
1 (8 oz.) pkg. sour cream

Bake potatoes with skins; let cool. Cut potatoes in half, scoop out pulp, set aside. Discard skins. Melt margarine over low heat in large saucepan; add flour, stirring until smooth. Cook 1 minute, stir constantly. Gradually add milk; cook over medium heat until thickened and bubbly, stirring constantly. Add potato pulp, salt, pepper, 2 tablespoons green onions and 1 cup of cheese. Cook until heated then add sour cream. Add extra milk, if necessary for desired thickness. Serve with remaining onion, bacon and cheese. Serves 8 - 10.

964820 -- CHEESE SOUP

1/4 c. butter
1/2 c. onion, finely diced
1/2 c. grated celery
1/2 c. grated carrots
1 1/2 tsp. cornstarch
1/4 c. flour
1 qt. chicken broth
1 qt. milk
1/8 tsp. baking soda
1 lb. grated cheese

Melt butter in pan. Add onions, carrots and celery. Saute until soft. Add flour and cornstarch and cook until bubbly. Add broth and warmed milk. Add baking soda and cheese. --MEXICAN CORN CHOWDER:--

Use basic cheese soup recipe adding 1 (4 ounce) can creamed corn and substitute 1 pound block of Velveeta Mexican cheese (I use mild) for the grated cheese.

964821 -- CHEESE BROCCOLI NOODLE SOUP

3/4 c. onion, chopped
1 tbsp. butter
6 c. water
6 chicken bouillon cubes
8 oz. fine egg noodles
1 tsp. salt
1 (10 oz.) pkg. frozen chopped
broccoli
1/8 tsp. garlic powder
6 c. milk
2 lb. Velveeta cheese, cubed
Pepper to taste

Saute onions in butter on medium heat. Add water and bouillon cubes and heat to boiling. Stir occasionally until cubes are dissolved. Add egg noodles and salt. Boil uncovered for 3 minutes. Stir occasionally. Add frozen broccoli and garlic, boil for 4 minutes. Add milk, cheese and pepper. Cook until cheese is melted. Do not bring to a boil after milk is added. Best served right away.

964822 -- CLASSIC ONION SOUP

4 c. sweet onions, thinly sliced
1 clove garlic, finely chopped
1/4 c. butter or margarine
5 1/2 c. water
1/2 c. dry sherry or white wine
(optional)
8 beef flavored bouillon cubes
6 slices French bread, 3/4" thick,
buttered and toasted
6 slices natural Swiss cheese

In large saucepan cook onions and garlic in butter until onions are golden brown. Add water, sherry (if desired) and bouillon cubes; bring to a boil; reduce heat and simmer 30 minutes to blend flavors. Place soup in 6 oven-proof soup bowls. Top each serving with a bread slice and cheese. Broil until cheese melts. Serve immediately. If sherry is omitted. substitute 1/2 cup water.

964823 -- FRENCH CARROT SOUP

Butter for frying
1 med. onion, finely chopped
1 lb. carrots, peeled and chopped
1 lg. potato, peeled and chopped

1 qt. chicken stock
1 tbsp. parsley, chopped
1 tsp. sugar
Salt and pepper

Melt butter in saucepan. Add vegetables and cover. Cook for 5 minutes. (Longer for tender vegetables.) Gradually stir in chicken stock. Bring to boil; add seasonings, parsley and sugar. Lower heat and half cover. Simmer gently for 30 minutes. Puree soup in blender or food processor, etc. Return to rinsed out pan; reheat gently and adjust seasonings. At serving time garnish with a spoonful of cream and some sprinkled parsley.

964824 -- RONTINI

2 med. pkg. egg noodles
1 c. Crisco oil
1 c. sugar
1 tsp. salt
1 tbsp. Accent
1 tbsp. garlic salt
1 c. dark vinegar (tarragon)
1 tbsp. dry mustard
3 tbsp. parsley flakes
1 med. chopped onion
1 cucumber, quartered and sliced
1 bell pepper, sliced

Cook noodles until tender. Drain, rinse noodles in cold water and drain again. Place in large container that can be sealed. Add rest of ingredients; mix and chill overnight.

964825 -- COLD SOUP SALAD

1 c. tomatoes, peeled & chopped
1/2 c. celery, chopped
1/2 c. cucumbers, chopped
1/2 c. green pepper, chopped
1/3 c. green onion, chopped
2 tsp. parsley or 1 tsp. dried
1 or 2 drops of garlic oil
2 tbsp. vinegar
2 tbsp. salad oil
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. Worcestershire sauce
2 1/2 c. tomato juice

Mix all together and chill overnight.

964826 -- NEW ENGLAND CLAM CHOWDER

3 strips bacon
1 sm. onion, cubed
3 or 4 potatoes
4 c. half and half
2 cans minced clams
1/2 stick butter or margarine
Salt & pepper to taste

Fry and drain bacon and onions. Crumble bacon up. Pare potatoes and cook until tender. Add potatoes to bacon and onion mixture. Add half and half, minced clams and butter. Heat. Add salt and pepper to taste. (2nd Grade Teacher)

964827 -- SPINACH EGG - DROP SOUP

6 chicken bouillon cubes
8 c. water
1 pkg. frozen chopped spinach
2 lg. eggs
2 tbsp. parmesan cheese
Salt & pepper to taste

Bring water to boil and add bouillon cubes. Cook until dissolved. Add frozen spinach and cook until completely thawed. In a small bowl beat eggs and cheese. Add salt and pepper to taste. As soup is boiling, add egg mixture slowly and stir with fork. Egg mixture will make shreds and is fully cooked in 1 or 2 minutes. Serve hot.

964828 -- SPAGHETTI SOUP

1 or 2 lbs. ground beef
2 cans tomatoes
Small potato
1 can tomato sauce
2 can green beans
1 can sm. peas
7 oz. spaghetti
Salt and pepper to taste

Pour all ingredients into boiler while browning hamburger meat, drain meat and pour in last. May have to add water. Cover and simmer on low for 30 minutes.

964829 -- CROCKPOT CAMPSTEW

1 c. chopped onions
4 c. diced potatoes
1 (10 oz.) can Castleberry's barbeque
pork
1 (10 oz.) can Castleberry's barbeque
beef
1 (10 oz.) can sweet sue barbeque
chicken
1 (16 oz.) can cream corn
1 (16 oz.) can stewed tomatoes,
undrained
2 tbsp. Worcestershire sauce
1 tbsp. bottled lemon juice
1/2 c. ketchup

Place onions and potatoes in saucepan. Cover with lightly salted water. Bring to a boil; reduce heat and simmer until tender. Drain well. Combine onions, potatoes and remaining ingredients in crock pot. Cook on low at least 1 hour.

964830 -- DR. PEPPER STEW

3 lb. stewing beef
3 tsp. salt
1 tsp. black pepper
1/4 c. flour
3 tbsp. fat
2 c. beef bouillon
2 c. Dr. Pepper, soda
2 c. carrots chunked
3 c. potatoes, chunked
1 1/2 c. onions, chunked
1 c. (1/2 inch) celery crescents
1 c. fresh or frozen garden peas

Salt and pepper; dust with flour. In large kettle, brown meat in hot fat until very brown. Add bouillon and Dr. Pepper; cook over low heat until tender. Add all vegetables except peas and cook until barely tender; add peas and cook at least 10 minutes more. Serves 8.

964831 -- MOCK TURTLE SOUP

5 lbs. lean ground beef
10 pts. water
2 (14 oz.) bottles catsup

2 bottles Worcestershire sauce
1 bag frozen chopped onions
2 lemons, quartered
2 oz. whole mixed pickling spice
Instant potato flakes (Hungry Jack)
Cheesecloth

In large roasting pan, add all ingredients except the instant potatoes. Put the two ounces of pickling spice on a piece of cheesecloth and make a bag out of it; tie with string. Drop bag of spices into the mixture. Do not use lid on roasting pan. Bring to a boil and then cut heat back to simmer, 2 1/2 hours after the time is up, remove from stove and also remove spice bag and lemon pieces. Add instant potatoes to thicken. Be sure to use all of the mixture. May take 1 1/2 boxes of instant potato. Freeze what you do not use for future meals. Mason, Ohio

964832 -- BROCCOLI CHEESE SOUP

1 can Cheddar cheese soup
1 can milk
Broccoli

Cook broccoli until tender, about 5 to 7 minutes. Mix milk and cheese soup. Heat, drain broccoli. Add to cheese mixture. Blend in mixer on high speed for 30 seconds. Heat and serve. Bellefontaine, Ohio

964833 -- REFRIGERATOR SOUP

Leftovers
Peas
Green beans
Carrots
Corn
Cabbage
Tomatoes
Potatoes
Onions
Celery
3 beef bouillon cubes or chicken broth

"Children are starving all over the world, now eat your, vegetables", Mother would say, and we did. But always there were some left; so clean, put in the refrigerator. Pop all those leftover vegetables into a pot along with chicken broth/beef bouillon cubes and fill up with water. Salt and pepper to taste. Cover and bring to boil, then reduce heat and simmer 2 hours. Enjoy!
Cincinnati, Ohio

964834 -- MULIGAN STEW

1 lb. ground beef
1 lg. onion, chopped
1/2 can peas
1 potato
2 to 3 tbsp. chili powder
Salt & pepper to taste (about 1 1/2
tsp. salt)

Brown beef and onion. Add peeled and diced potato. Cook approximately 20 minutes. Add peas and seasoning. Heat about 7 to 10 minutes. Optional: Add carrots if desired. Rossmeys, Ohio

964835 -- BROCCOLI CHEESE SOUP

1 c. water
2 tsp. chicken bouillon
1 pkg. chopped broccoli
1/2 c. flour
1 c. milk
2 c. Velveeta cheese
1 c. milk

Cook water, broccoli, and chicken bouillon together until tender. Mix 1/2 cup flour and 1 cup milk together and add to broccoli. Add another 1 cup milk and 2 cups Velveeta cheese. Cook over low heat about 20 minutes. Stir constantly. Milford, Ohio

964836 -- MY BEST NEW ENGLAND CLAM CHOWDER

12 chowder clams
1 lb. potatoes, peeled & diced
1/4 lb. salt pork, diced
3 oz. flour
1 pt. whole milk
1/2 pt. heavy cream
1 tsp. "Old Bay Seafood Seasoning"
1 c. chopped celery
1 oz. vegetable oil
1/2 lb. onions, peeled & diced
2 qts. water

Steam clams until they open, then chop into very small pieces (hold until later). Peel and cube the potatoes (hold). Simmer the diced onions in the vegetable oil until they are transparent (hold). Simmer salt pork until light brown then remove the fat. Put the onions, potatoes, clam water, celery, salt

pork and seasoning into a large pot and cook for 1 hour on medium heat, then add clams and cook for 5 minutes longer. Stir in the flour during this period. Heat the milk and cream in a separate pot and add to the chowder mixture when ready. Serve, topped with oyster crackers and a small pat of butter. Enjoy! Preparation time: 1 to 1 1/2 hours. Serves: 10 to 12.

964837 -- EASY FRENCH ONION SOUP

3 tbsp. bacon drippings
5 lg. onions
3 tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
1 to 2 cloves crushed garlic
1 sprig parsley
1/4 tsp. thyme
1 qt. chicken stock
1 c. dry wine
1 tsp. cognac
Parmesan cheese
Swiss, Gruyere cheese

1. In deep saucepan heat bacon drippings. 2. Saute in drippings: onions (chopped fine). Cook over medium heat until onions are soft. 3. Add 3 tablespoons flour, salt, pepper, garlic. Cook until mixture is golden brown but not burned. 4. Add a sprig of parsley, 1/4 teaspoon thyme, 1 quart chicken stock, 1 cup dry wine and simmer for 3/4 of an hour. Add 1 teaspoon cognac. In a bowl: sprinkle with Parmesan cheese, Gruyere or Swiss cheese. Melt under broiler. Preparation time: 1 hour 20 minutes. Serves: 4 to 8.

964838 -- GAZPACHO

3 c. V-8 juice
4 lg. garlic cloves
1/4 tsp. Tabasco
4 c. grated zucchini
1 c. minced onion
1/2 c. chopped parsley
4 c. chicken broth
1/2 c. fresh lemon juice
Salt to taste
2 c. chopped fresh tomatoes
1 1/2 green peppers, minced
2 tbsp. olive oil (opt.)

Place 1 cup of V-8 and the garlic in a blender or food processor and process until the garlic has been pureed. Transfer to a large bowl. Add the remaining ingredients. Season to taste. Refrigerate until well chilled, at least 4 hours.

964839 -- ZUCCHINI SOUP

1 c. boiling water
1 tsp. salt
2 lbs. diced zucchini
2 c. milk
1 c. chopped onion
1/2 sm. clove garlic, minced
2 tbsp. butter
2 c. light cream
1 tsp. sugar
Salt & pepper to taste
Sour cream

Add water and salt to zucchini in saucepan. Bring to a boil; cover and simmer until just tender. Add 2 cups of milk to stop the cooking. Saute onion and garlic in butter until tender. Blend zucchini and onion in blender until smooth. Add cream, sugar and salt and pepper to taste. Heat or chill to serve. Add 1 tablespoon of sour cream to each bowl, hot or cold. Makes 10 cups.

964840 -- PORTUGUESE SAUSAGE & POTATO SOUP

3 c. water
4 oz. smoked garlic sausage
1/2 lb. Russet potatoes, peeled,
sliced
4 c. canned chicken broth
1 lg. kale bunch, stems removed,
leaves thinly sliced
2 tbsp. olive oil

Bring 3 cups water to boil in heavy large saucepan. Pierce sausage several times and add to water. Poach 15 minutes. Drain sausage, reserving poaching liquid. Return liquid to saucepan. Cut sausage in half lengthwise. Cut crosswise into 1/4 inch wide slices. Set aside. Add potatoes and broth to poaching liquid. Simmer until potatoes are tender, about 25 minutes. Transfer half of potatoes and liquid to processor and puree. Return puree to saucepan. Add kale and oil and simmer until kale is tender, about 5 minutes. Mix in sausage and heat through. (Can be made 1 day ahead. Cover and chill. Rewarm over medium heat, stirring frequently.)

964841 -- CREAM OF BROCCOLI SOUP

3 tbsp. butter

1 sm. chopped fine
1 clove garlic, fine chopped
3 tbsp. flour
2 cans (13 3/4 oz.) chicken broth
1/2 c. water
2 boxes frozen broccoli or 4 c. fresh
chopped broccoli
1/4 tsp. thyme
1/4 tsp. pepper
1 c. heavy cream
1 1/2 c. white cheddar cheese,
shredded
Sliced cherry tomato for garnish

Melt butter. Add onion and garlic, saute until transparent. Sprinkle flour into saute, cook for 3 minutes. Add broth and water. Bring to a boil. Reserve 1 cup broccoli florettes. Add balance of broccoli to blender. Chop until fine. Add chopped broccoli and spices to broth mixture. Bring to boil. Add cream, stir in florettes and bring to boiling point and let set 2 to 5 minutes. Preparation time: 30 to 40 minutes. Serves: 6 to 8.

964842 -- REAL MAINE CHOWDER

3 c. onions, chopped
4 c. potatoes, chopped
Water
2 to 3 c. clams, shucked or 1 lb.
fish, cubed
1/2 lb. salt pork, diced
Salt to taste
1 c. cream
1 c. whole milk

Saute salt pork for 5 minutes or until brown in large heavy saucepan. Take out pieces and drain on paper towels, get rid of all remnants in pot except for about 2 tablespoons of the fat. Saute onions in remaining fat until see-through, add potatoes and saute for 2 minutes or so. Add water enough just to cover potatoes and onions. Bring to boil, lower heat and cook for 20 minutes (or until potatoes almost done). Add fish or clams, bring to boil, lower heat and cook for 5 to 10 minutes. Remove from heat and add milk and cream, salt and pepper to taste. Serve immediately and use salt pork for garnish. Preparation time: 40 minutes. Serves: 4 to 6. NOTE: NEVER boil chowder with milk or cream in it!!

964843 -- HONEY DEW - LIME SOUP

1/2 of a med. ripe honeydew melon
2/3 c. water
1/4 c. frozen limeade concentrate

1 (8 oz.) carton vanilla yogurt
Thin slices of prosciutto ham
6 sm. thin slices ripe honeydew melon

Remove seeds from melon half; discard seeds. Scoop melon pulp into a blender or food processor (approximately 2 1/2 cups pulp). Add water and limeade. Cover and blend or process until smooth. Transfer mixture into a large mixing bowl. Stir in yogurt. Cover and chill for 2 to 24 hours. Top each serving with a strip of prosciutto tied around a melon slice. Serve with assorted cheeses. Preparation time: 20 minutes. Serves: 6.

964844 -- CURRIED PEANUT SOUP

1 tbsp. peanut oil
1 med. onion, halved, sliced (very
thin)
3 garlic cloves, minced
3 tbsp. curry powder
4 c. chicken stock, broth
1/3 c. rice
3 med. carrots, peeled, julienned
thinly
1/2 c. creamy peanut butter
1 1/2 tsp. sugar
Finely chopped green onions
Chopped fresh cilantro

Heat oil in heavy large saucepan over medium heat. Add onion, garlic and curry powder and saute until onion is translucent, about 6 minutes. Add 4 cups stock and bring to boil. Stir in rice and carrots. Reduce heat and simmer until rice is very tender, stirring occasionally, approximately 20 minutes. Puree half of soup in blender or processor with peanut butter. Return puree to saucepan. Stir soup until heated through, thinning more stock if desired, do NOT boil. Mix in sugar. Ladle soup into bowls. Sprinkle with green onions and chopped cilantro. Serve: 4.

964845 -- CHILLED CUCUMBER SOUP

2 tbsp. sherry
1 lg. onion, chopped
4 leeks, chopped
4 med. potatoes, chopped
(3 c.)
1 c. chopped celery
3 tbsp. minced parsley
6 c. chicken broth
1 c. non-fat yogurt
3 lg. cucumbers
Salt to taste

Tabasco to taste
Worcestershire sauce to taste

In a soup pot, heat the sherry and saute the onions and leeks (a total of 4 cups between the 2) until golden. Add potatoes, celery, parsley and chicken broth. Cook until the vegetables are tender. Puree. Allow to warm to room temperature. Meanwhile, peel and grate the cucumbers (you should have about 2 cups). Blend into the cooled soup, along with the yogurt. Season to taste with salt, Worcestershire sauce and Tabasco. Refrigerate until well chilled, at least 4 hours. Garnish with chives.

964846 -- CABBAGE SOUP

1 1/2 lbs. shin-bone meat or 1 1/2 to
2 lbs. stew meat
1 lg. can reg. tomatoes
2 bay leaves
1 tsp. black pepper
Sm. amt. basil
1 lg. onion, diced
3 stalks celery, diced
4 to 5 potatoes, cut up
6 carrots, sliced
1/2 head cabbage, sliced thinly
Salt, if desired

Put shin-bone meat, onions, celery and garlic in a large 4 quart pan. Cover with water, tomatoes and spices. Pan should be 3/4 full. Bring to a boil, then let cook slowly for 1 1/2 hours or until meat is tender. Add the vegetables and continue cooking. Separate the meat from the bone and add meat back to soup. Add more liquid to fill pan. Cook until vegetables are tender, 1/2 hour. Serve with dark bread.

964847 -- CABBAGE - TOMATO SOUP

1 head green cabbage, coarsely chopped
2 (16 oz.) cans stewed tomatoes
2 lbs. beef short ribs with bone
1 to 2 tbsp. sugar
1 to 2 tbsp. lemon juice
2 c. water

Brown short ribs well on all sides. Add remaining ingredients and simmer for 2 to 3 hours or until beef is tender. Remove beef from bone and return to soup. Fat can be removed by chilling broth. Serve with crusty rolls for a tasty meal.

964848 -- CREAMY CORN CHOWDER

3 to 4 potatoes, pared
Salt
1/4 c. butter or oleo
1 c. chopped celery
2 cans whole kernel corn, drained
1/2 tsp. whole basil
1/4 tsp. pepper
2 (13 oz.) cans evaporated milk
Snipped parsley

1. Cook potatoes until fork tender and save water. Dice potatoes to equal 2 cups. 2. In large pan, melt butter, stir in celery and saute until tender. Add drained corn, potatoes, 1 1/2 teaspoons salt, basil and pepper. Cover and heat 10 minutes. 3. Add evaporated milk, reserved potato water adding water to make 2 cups total. Heat, but do not boil. 4. Garnish with parsley. Makes 7 to 8 servings.

964849 -- FRENCH ONION & BROCCOLI SOUP

2 (10 1/2 oz.) cans condensed French
onion soup
1 (10 oz.) pkg. frozen chopped
broccoli
4 (3/4 inch) slices French bread
6 oz. Gruyere or Fontina cheese,
shredded
1/4 c. chopped parsley

In a 4-quart saucepan, mix soup with water as label directs and add frozen broccoli; over high heat, heat to boiling. Reduce heat to low; simmer 8 to 10 minutes until broccoli is cooked. Meanwhile, place French bread slices on cookie sheet. Place cookie sheet under broiler and toast bread until golden on both sides. Spoon onion soup mixture into 4 (16 ounce) oven-safe soup bowls or crocks. Place 1 slice toasted French bread on soup in each bowl; top with cheese. Place soup bowls on cookie sheets for easier handling. Broil until cheese melts and top is golden brown. Sprinkle soup with chopped parsley. Makes 4 servings.

964850 -- MINESTRONE SOUP

4 beef bouillon cubes
3 to 4 stalks celery, chopped
2 onions, chopped
3 carrots, sliced
4 cloves garlic, chopped
1 (10 oz.) pkg. frozen chopped spinach

2 cans whole tomatoes, chopped,
drained
1/2 c. ketchup to taste
1 lb. hamburger, cooked & drained
Basil to taste
Parsley to taste
Salt & pepper to taste

Use a 5 quart pan. Cook until vegetables are tender. Cook and add any type of macaroni and top with Parmesan cheese.

964851 -- STRAWBERRY SOUP

1 (16 oz.) pkg. frozen strawberries,
thawed
1 c. sour cream
1 c. half & half
1/4 c. sugar
2 tbsp. white wine

Place strawberries in blender, cover and blend well. Add remaining ingredients, blend well. Chill several hours. 8 (1/2 cup) servings.

964852 -- HIGH FIBER VEGETABLE SOUP

2 c. green pepper, chopped
2 c. onions, chopped
4 tbsp. butter
1 (28 oz.) can tomatoes and liquid
2 c. carrots, diced
1 c. corn
1 c. cabbage, chopped
2 c. celery, chopped
1 c. squash, diced, zucchini and/or
summer
1 c. potato, diced
2 c. green beans
10 c. water
5 tsp. beef broth granules
2 tbsp. lemon juice
1 bay leaf
2 tsp. marjoram
1 tsp. thyme
1/2 tsp. black pepper
1/4 tsp. crushed red pepper
1/2 c. minced parsley
1 c. barley
Salt to taste

In large pot, saute green peppers and onions in butter about 2 - 3 minutes. Add: water, broth granules, tomatoes (chopped) and liquid, lemon juice, all vegetables, and all spices. Bring to low boil, reduce to simmer. Cover and simmer 20 minutes. Add barley and simmer 40 - 50 minutes longer. Makes 6 - 8 servings.

964853 -- CHRISTMAS SOUP

15 Bean Super Soup
15 bean pre-packaged soup mix, found
in supermarkets
1 lg. onion
1 lg. can tomatoes
1 pod red pepper (optional) OR
1 tsp. chili powder
Juice of one lemon
Salt and pepper to taste

Wash beans thoroughly. Place in large kettle, cover with water, add 2 teaspoons salt, and soak overnight. In morning, drain. Add 2 pints water and some ham or ham hocks. Bring to a boil, then simmer slowly 2 1/2 - 3 hours. Add onion, tomatoes, red pepper or chili powder, lemon, salt and pepper. Simmer another 30 minutes or so. Serve with crackers and a green salad.

964854 -- CREAM OF FRESH TOMATO SOUP

1 sm. onion, finely chopped
6 med. ripe tomatoes, peeled, seeded
and chopped
3 tbsp. butter
1/2 tsp. black pepper, freshly ground
1/4 tsp. baking soda
1 c. heavy cream
2 tsp. salt
1/4 - 1/2 tsp. dried sage
Garnish: dollop of sour cream and
chopped parsley

Saute onion for 5 minutes in butter in a 4 quart saucepan. Add tomatoes, salt, pepper, baking soda and sage. Saute for 10 - 12 minutes or until thickened and pasty. Remove from heat and stir in cream. Taste for seasoning. Return to heat and heat through. Serve in heated cup or refrigerate and serve chilled with a dollop of sour cream and chopped parsley.
